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JULY 2015

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GLAMOUR

July 2015

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WOMEN of the YEAR

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MAKE-UP

Get Felicity's pretty look, courtesy of Urban Decay.



HAIR

One reader will win these TRESemmé products.

ON THE COVER

Photograph by **Simon Emmett** Styled by **Sara Gilmour** Hair **Leigh Keates at Premier** Make-up **Mary Greenwell at Premier** Nails **Michelle Humphrey at LMC Worldwide** Dress **Christian Dior Couture**





HAIR

One reader will win these products from John Frieda.



MAKE-UP

Recreate Kate's beautiful look, courtesy of Guerlain.

ON THE COVER

Photograph by **Matthias Vriens-McGrath** Fashion Director **Natalie Hartley** Hair **David Babaii at Tracey Mattingly** Make-up **Melanie Inglessis at Forward Artists** Nails **Ashlie Johnson at The Wall Group** Dress **Gucci** Necklace **Laura Lee** Rings **thomassabo.com**





MAKE-UP

Get Kerry's glam look, courtesy of Nars.



HAIR

One reader will win these products from Moroccanoil.

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Photograph by **Matthias Vriens-McGrath** Fashion Director **Natalie Hartley** Hair **Takisha Sturdivant at kenbarboza.com** Make-up **Carola Gonzalez at Forward Artists** Nails **April Foreman at The Wall Group** Dress **Balmain**



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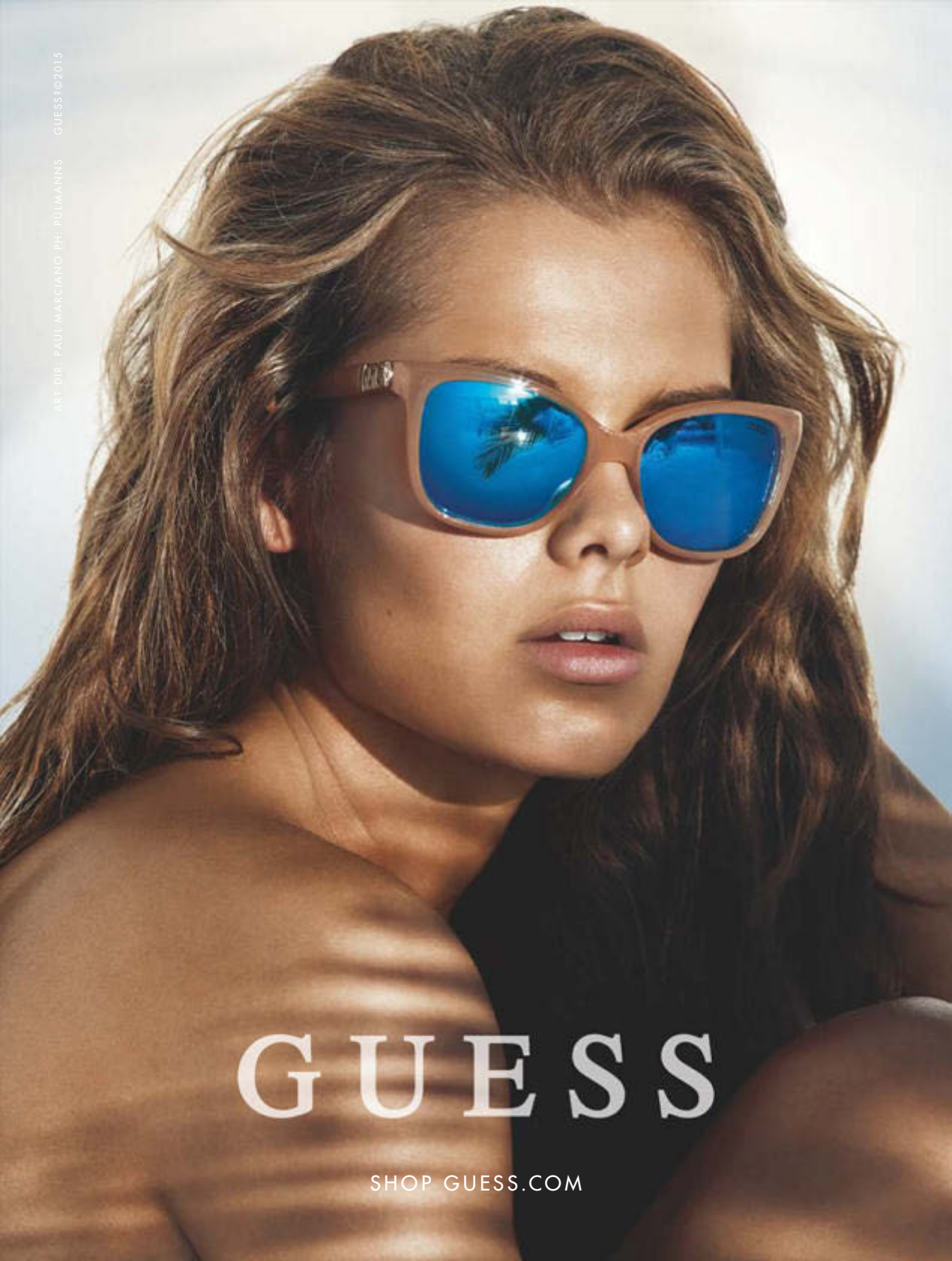
ON THE COVER

Photograph by **Gavin Bond** Styled by **David Thomas** Grooming **Candice Birns** Shirt **Armani**

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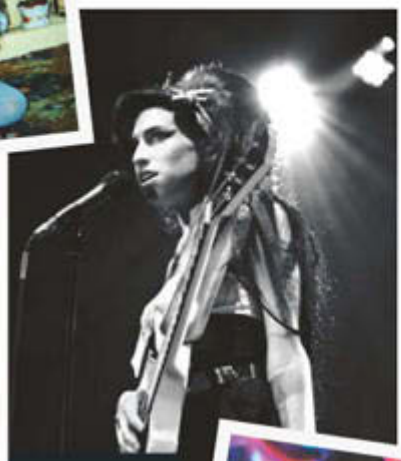
Still lifes: Jody Todd


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Amy, we loved you







From top **Amy aged 12; performing in Italy, 2007; winning the British Female award at the Brits, 2007**

For the 12th year, as this issue goes on sale, we will celebrate our GLAMOUR Women of the Year Awards at a star-studded ceremony in London. There is one woman who never had her moment on the GLAMOUR stage – mostly because she was such a successful artist, she was always away touring or recording. And she never will because, tragically, Amy Winehouse died in 2011.

I met Amy, just the once – and not, as you would expect, at a concert, an album launch or any other event that would usually bring together a singer and a journalist. We met in hospital. She said she was there for tattoo removal, I was there for endometriosis surgery – spot the rock'n'roll one. We got chatting, mostly about beauty products. She was bored. On a whim, I invited her to the GLAMOUR office to raid our over-stuffed beauty cupboard. Her eyes lit up instantly. A blur of taxis later, there we were.

In our feature on page 74 about the forthcoming documentary, *Amy*, there's a story from a music manager about watching her run around a record store like a kid at Christmas. It made me smile because I saw the same Amy rummaging in our beauty cupboard, excited by every single product. She showed our beauty team exactly how she got that perfect cat's-eye flick. She piled our fashion editor's hair into a beehive and told us that if singing hadn't worked out, she'd have pursued another passion, hairdressing. What struck me in the few hours we spent with Amy that day was what people say repeatedly in our feature. So much at odds with the harsh, edgy media portrayal of a damaged figure was this incredibly sweet, humble young woman, genuinely interested in everyone. She hugged me a lot and gave me her number. I used it once, months later, when (as every year) I really wanted her to come to the GLAMOUR Awards. Getting nowhere with 'her people', I thought, 'Screw it,' and texted her. To my surprise, she replied within minutes: "I'll be in the States! Recording. But if not I'd have been there with bells on. Xx"

"Amy was this incredibly sweet, humble young woman"

About six months later, I was standing at Heathrow, re-entering the country, when I checked Twitter. And my heart was so heavy with the news that Amy had passed. Unsurprising, but still tragic and a shocking waste of a true original. From the people who knew her to those of us who didn't, we can all agree that her extraordinary talent is deeply, painfully missed. I wanted to publish this feature and support the film because I support its aims – to show the sweet side of Amy that even I got the strong sense of, in just a few short hours.

Enjoy the issue,



Jo Elvin, Editor
contact me at: editor@glamourmagazine.co.uk

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Published by The Condé Nast Publications Ltd, Vogue House, Hanover Square, London W1S 1JU (tel: 020 7499 9080; fax: 020 7493 1345)
Colour origination by Tag: Response. Printed by Prinovis Nürnberg, Breslauer Str. 300, 90471 Nürnberg. Printed in Germany. GLAMOUR is distributed by Condé Nast & National Magazine Distributors Ltd (Comag), Tavistock Road, West Drayton, Middlesex UB7 7QE (tel: 01895 433600; fax: 01895 433605). The subscription rate to GLAMOUR is £24 for one year (12 issues). Overseas Airmail per year: €59 to the EU, £60 to the Rest of Europe, $65 to the US and £69 to the Rest of World. Enquiries, change of address and orders payable to GLAMOUR, Subscription Department, Lathkill St, Market Harborough, Leics LE16 9EF. Order at www.subscription.co.uk/glamour. Subscriptions queries and enquiries to glamour@subscription.co.uk. Subscriptions hotline: +44 (0)844 848 5202, Mon-Fri 8am-9.30pm, Sat 8am-4pm. Manage your subscription online 24hrs a day at www.magazineboutique.co.uk/youraccount. All rights reserved. Reproduction in whole or in part without written permission is strictly prohibited. All prices correct at time of going to press but are subject to change. GLAMOUR cannot be responsible for unsolicited material. Copyright © 2015 THE CONDÉ NAST PUBLICATIONS LTD, Vogue House, Hanover Square, London, W1S 1JU. The paper used for this publication is recyclable and made from renewable fibrous raw materials. It has been produced using wood sourced from sustainably managed forests and elemental or total chlorine-free bleached pulp. The producing mills have third-party certified management systems in place, applying standards such as ISO 9001 and ISO 14001. This magazine can be recycled either through your kerbside collection or at a local recycling point. Log on to www.recyclenow.com and enter your postcode to find your nearest sites

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"Thank you for taking acne seriously"



I'm so pleased to have read *Can't Face The World?* I suffered with bad skin throughout my teens, and it came back with a vengeance when I started uni. I'm 24 and have tried everything – spending a fortune on products and treatments – but nothing ever worked. I tried some of the non-clogging make-up your article suggested, along with the treatment retinoid cream mentioned, and my skin has improved dramatically. I still have slight scars and it has taken time to get to, but I can now look at people when I am out. It's reassuring to know other people have the same skin struggles, but it's also good to see acne being taken seriously – acne can really knock your confidence, so it shouldn't be pushed aside as something to just 'get over'.

Ellen, by email

This month's star letter wins a Bose SoundLink Colour Bluetooth Speaker worth £120. For more information, visit bose.co.uk

We can make a difference

I really enjoyed *Welcome To Politics*. Casting votes for a general election can be quite daunting, especially if politics is not on your radar and you're not sure how different policies will affect you. Your article really helped me gain more of an understanding about the system, as well as showing why politics matters. **Jasmin, by email**

@Caramelandcats My May issue of @GlamourMagUK just came through the door! Buying the @LatestInBeauty box has been a worthwhile investment!

Ending the silence

I've been a GLAMOUR reader for years, but I don't recall any story affecting me as much as *"My Neighbour Groomed Me To Be A Sex Slave"*. The isolation and desperation expressed by the victim, let alone the abuse, moved me to tears. I wish this woman great strength – and I donated to The Salvation Army so they can carry on providing support to others in her position. **Sarah, by email**

@LouWilloughby Just read @TLeeLooLa's 'How I Got Here' in @GlamourMagUK. Really insightful & interesting tips! Especially be nice to people on the way up!

Sexism: not OK

"How I Stood Up To Sexism" really struck a chord. I'm a waitress and once I was serving a couple when the guy said, "I like a girl with curves, how about it?" – in front of the woman, who I presumed was his wife. Totally shocked, I ignored it, but in retrospect, I wish I had put him in his place. I'd also have liked to shove the corkscrew you know where… **Yasmin, by email**

@KatePeace85 Thank you @GlamourMagUK for this delightful Sunday reading. Looking pretty good at 40 #Becks #poshisaluckylady

Let's change the rules

Thank you for *Who's Really Changing Women's Sport?* It's clear some women are put off playing sport for fear of being judged on their appearance or ability, but as your article showed, we need to encourage women and reduce the gender gap. I refereed for men's football games in New Zealand for a year and realised how under-represented women referees are here. Keep raising these profiles, GLAMOUR! **Alexis, by email**



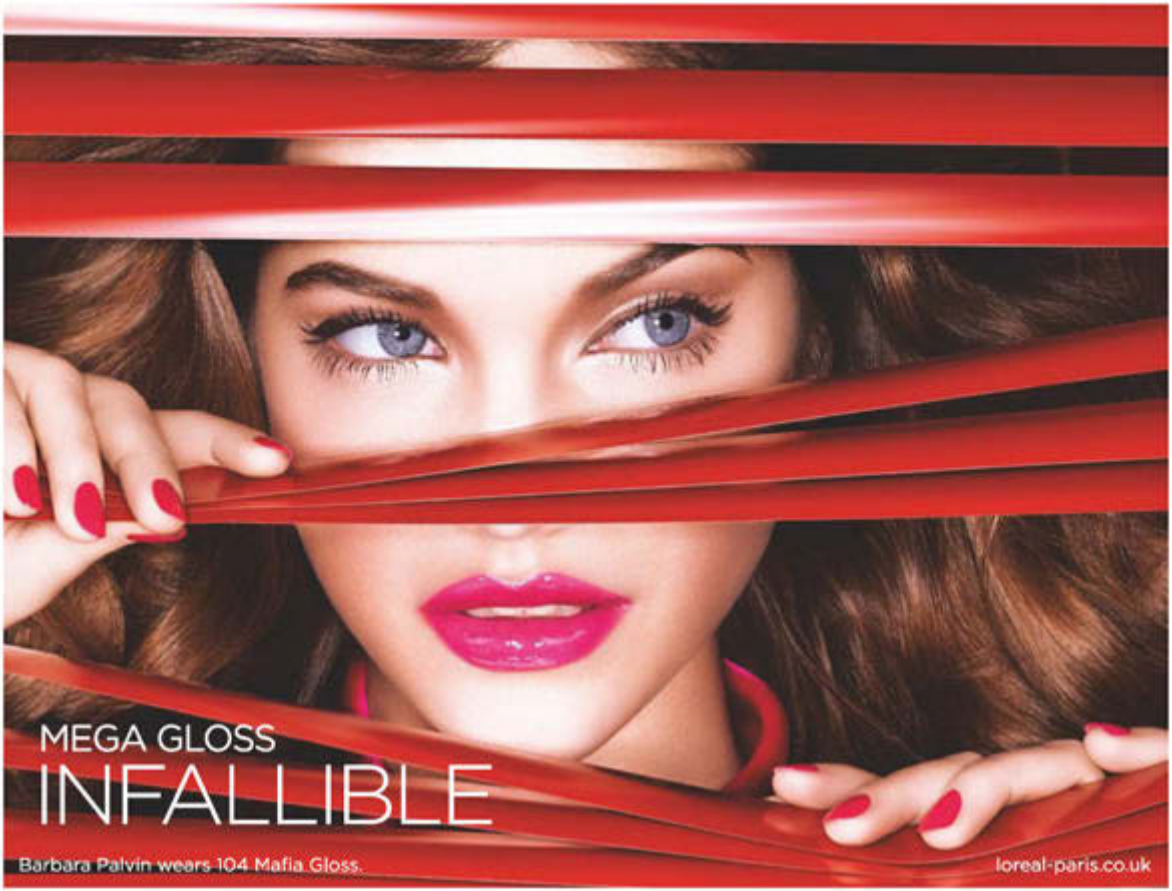
GLAMOUR-TO-GO

This month's winner is Christina Michael, pictured with GLAMOUR on Rodeo Drive, Beverly Hills. Christina wins a Nokia Lumia 830 smartphone. The Lumia is built for life on the move in a selection of great colours, and includes a PureView camera and OneDrive to sync your life. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!



Write in! We want to hear about you – about GLAMOUR, your life, anything. Email us at letters@glamourmagazine.co.uk or write to GLAMOUR Mailbag, 13 Hanover Square, London W1S 1HN

Compiled by Amy Warren. GLAMOUR reserves the right to edit letters, Tweets and unsolicited material. Unfortunately, GLAMOUR is unable to return any photographs submitted. Photograph: Matthias Vriens-McGrath. Still life: Jody Todd





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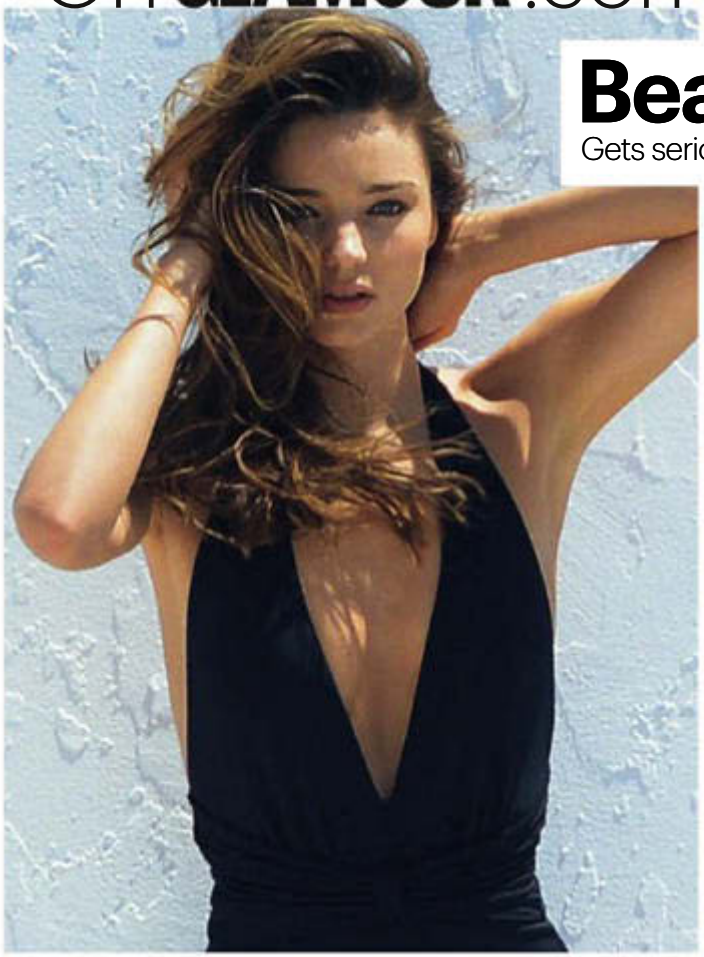
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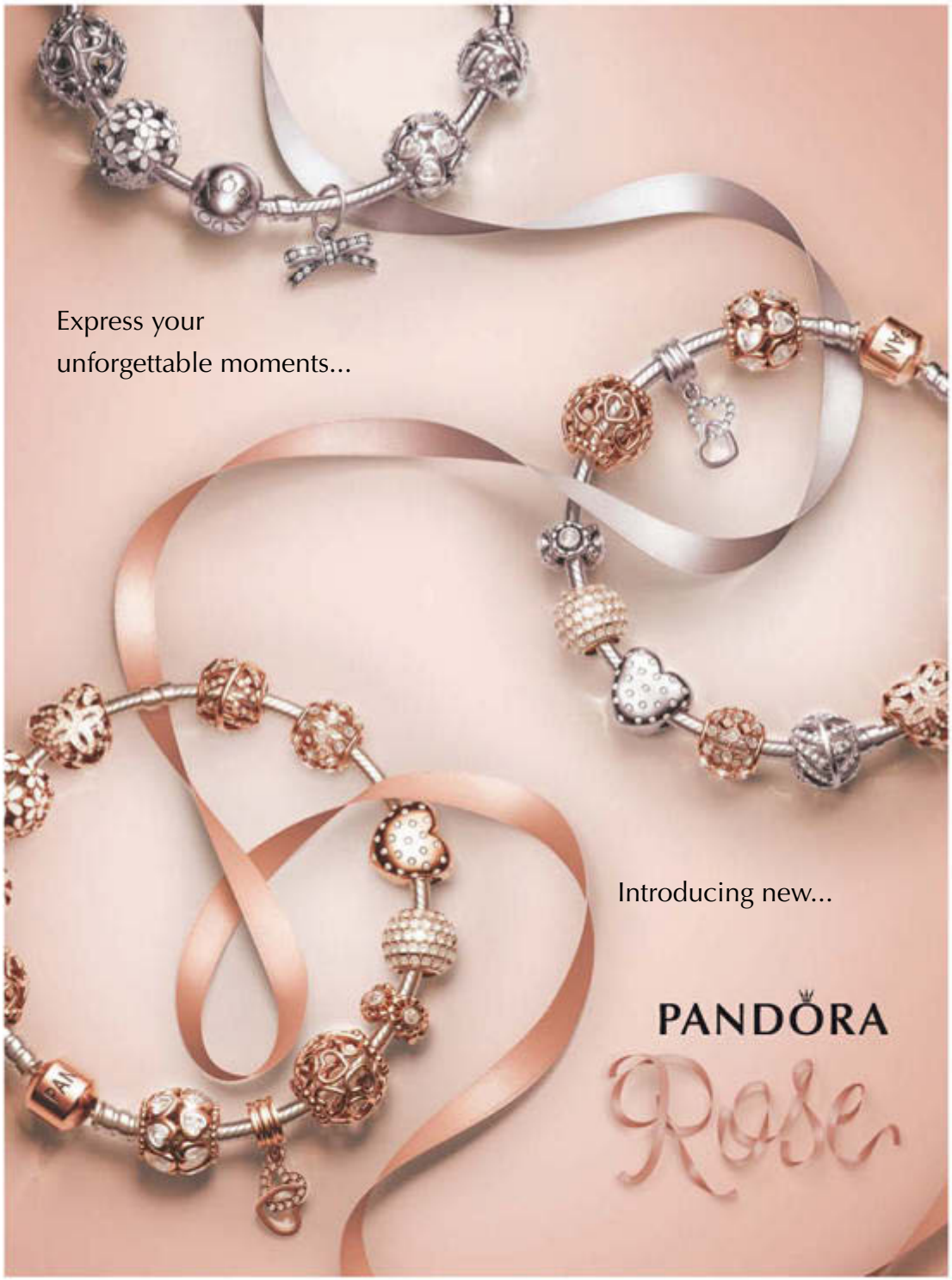


Found! Your perfect bikini

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Photographs: Insight News & Features, Gallerystock, Chris Craymer



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Earn your **summer stripes**

Forget blurred lines, this look is sharp

Head-to-toe stripes in different widths and directions? It shouldn't work, but it does. Wearing a fresh-off-the-catwalk Altuzarra look, Sienna shows she's not afraid to make a statement. The simple silhouette of a shirt and pencil skirt keeps the stripe clash chic. And though we all love a classic Breton, isn't it time to try something different? ▶



Sienna does monochrome in style in New York

By Lucy Walker. Photograph: Splash News



Mary LOVES...

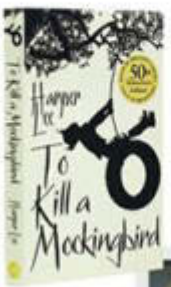
This month, photographer Mary McCartney shares her favourite things



Mary with her father, Paul, and sister, Stella

Classic read

"*To Kill A Mocking Bird* is the kind of book that makes you think, especially as it's told from a child's perspective."



Style icons

"I like individuals. Chrissie Hynde is truly unique, and Vivienne Westwood is always quite outrageous."





Denim jeans
£170 Maje

Go-to outfit

"Because I'm a photographer, I'm usually in jeans as they're so practical. Maje's skinny style fit really well. I throw them on with ballet pumps and a shirt."



Silver-screen dream

"The one film I can repeat watch, over and over, is *All About Eve*. It's just so well written."



Maîtresse £36 for 30ml eau de parfum Agent Provocateur



Hydra Beauty Nutrition Nourishing Lip Care £30 Chanel; **Maxi Lash** £24 Guerlain



Beauty essentials

"Chanel does the best lipbalm and Guerlain's Maxi Lash mascara is brilliant. For fragrance, I like the muskiness of Agent Provocateur's Maîtresse."



Holiday hotspot

"Bologna has everything – food, art, architecture. It's so beautiful."

Favourite food

"Cheese soufflé. There's a recipe in my new cookbook. I used to make it for my mum – she loved it."



At My Table by Mary McCartney £20 Chatto & Windus

By Hanna Woodside. Self-portrait: Mary McCartney. Photographs: Getty, Rex Features, Allstar, Sudhir Pithwa


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Kendall + Kylie

TAKE IT TO THE TOP



Kylie (left) **and Kendall showing off their eponymous collection**

Models, TV personalities, Instagram superstars. What's next for the Jenner sisters? That'll be a collaboration with Topshop... By **David A. Keeps**

There aren't enough minutes in the hour, let alone hours in the day, when you're world-famous teenage sisters launching your first capsule fashion collection, Kendall + Kylie, which will be sold around the world through Topshop. So, setting down their constantly chiming phones, Kendall and Kylie Jenner just jump right in. "I remember when Topshop first opened in LA, it was like the biggest thing in girl history, ever. People were going crazy," Kylie says on the Hollywood set of their GLAMOUR photo shoot. "It's such an honour that they

wanted to have our line there," Kendall adds. "We're so excited to be bringing the LA vibe to the UK."

It's the end of a long day, and younger sister Kylie is rocking a sporty grey slogan sweatshirt with sheer black palazzo pants from their 15-piece summer range. She has a dozen visible earrings (plus some "top-secret piercings") and a stack of eight Cartier Love bracelets on her right wrist. Kendall wears just one. Both love five-inch heels, pale pink or nude nail polish, and vacations by the pool. Kylie loves black one-piece swimsuits; Kendall goes for bikinis in colours and prints.

The Kendall + Kylie collection reflects it all, pulling inspiration from Hawaiian resort wear: eyelet-trimmed cotton blouses, shredded Daisy Dukes, jumpsuits and maxi dresses. "If it's a nice summer's day and I want guys to pay attention, I'd wear these little jean shorts with knee-high gladiator sandals and this floral shirt, which ties at the waist," says Kylie. "Kendall, what would you put together for a date night?"

"I'd probably wear the pants you have on with some kind of cropped shirt and some cute strappy heels to keep it casual," Kendall replies. "You don't want to look too try-hard, especially on a first date."

Those full-cut, wide-legged black pants would also suit Kim, notes Kendall, who would see her friend Gigi Hadid in the collection's short-sleeved floral jumpsuit with a keyhole open back. "Jumpsuits are so easy," she says, "You just throw it on, add some jewellery and shoes, and you're done." She thinks Cara Delevingne would look cute in the white duster coat. "For me, it's the perfect airport piece," adds Kylie. "I like to be comfortable when I fly, so I wear black leggings or workout pants and a T-shirt, but then it's nice to have a cute monster coat to throw over the top and spice it up."


At Coachella in April

"We're bringing the LA vibe to the UK"

These sisters have earned their fashion stripes by osmosis. Kendall has been modelling since she was 14 and was walking the Paris runways by 18. "You're around the most creative people in the world," she says. "You see everything before it's out, pick up on the trends before they are set." Kylie grew up raiding Kendall's closets. Now, however, the tables have turned. "All my clothes are at my mom's, so Kendall takes whatever she wants," Kylie says. "But she doesn't let me into her house." Kendall smiles like the Mona Lisa and fires back: "She'll call and say, 'I'm in the city, can I please use your bathroom?' And I'll say, 'No, go to a gas station because you're going to go in and steal my clothes!'"

The Kendall + Kylie collection is in Topshop now

GET THE LOOK Work it like the Jenners



Photographs: Fame Flynet



Sofía Vergara (left) **and Reese Witherspoon in *Hot Pursuit***

Funny women **DO** open movies. **FACT.**

Is Hollywood finally catching on?

Remember when the internet kept going on about women being less funny than men? Bless. In 2015, comedies with women in the leading roles are categorically proving they reliably bring both the LOLs *and* the dollars. And Melissa McCarthy is leading the charge. Long a solid supporting casting choice in shows like *Gilmore Girls* and *Samantha Who?*, she broke through on the big screen in 2011's *Bridesmaids*. Since then, she's become one of the box office's most consistent draws – far more than some of the so-called Kings of Comedy. In 2013, buddy comedy *The Heat* (with the equally bankable Sandra Bullock) and odd-couple caper *Identity Thief* both outperformed the old male guard in *Anchorman 2*, and even her relatively underperforming *Tammy* (in 2014) outdid Seth MacFarlane's *A Million Ways To Die In The West*. Which is why she was an obvious casting choice for the all-female *Ghostbusters* reboot, due in 2016, and there are high hopes for this month's *Spy* (see our review on page 204).

Meanwhile, the year's two most-anticipated comedies are *Hot Pursuit* (above), starring the ever-hilarious Sofía Vergara and Reese Witherspoon in a return to comedy, and *Trainwreck*, written by and starring Amy Schumer. Turning the traditional rom-com stereotype on its head by writing the woman as the eternal adolescent who can't commit, it was one of Sundance Film Festival's most buzzed-about films, and promises to be Schumer's crossover moment. In fact, she's already a GLAMOUR Award winner (see page 148).

Need more proof? Last year, Cameron Diaz's revenge comedy *The Other Woman*, roundly thought to be a flop, still beat *Dumb And Dumber To*. Yes, it was terrible, but letting women make comedies just as terrible as the guys'? That's true equality.

Remember the Ice Bucket Challenge?

It raised awareness of – and millions for – MND. Here's the difference you made by taking part

Last summer, our social media feeds were chock-a-block with people soaked in icy water in support of the Motor Neurone Disease Association (The ALS Association in the US). This June is Motor Neurone Awareness Month, so one year on, what difference has the Ice Bucket Challenge made? "We ended up with a windfall of £7m from almost a million individual donations," says Sally Light, CEO of the MND Association. "We allocated just over £5m to research and £1.5m to care and support services. But it wasn't just the money that made the difference, it was about putting MND on the map. I know the impact it had on people living with MND – they no longer felt so alone. It was a force for good for that reason alone." The focus of this year's awareness month is to remind people that you can still fund-raise, volunteer and lobby the government to help people affected by MND – no ice bucket required. "However you want to get involved, you absolutely can." *mndassociation.org* ▶

By Helen Whitaker and Hanna Woodside. Photographs: Xposurephotos.com



Gwyneth Paltrow gets iced in August 2014

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24 hours with Zoella ...at the YouTube star's home in Brighton



"If I'm having an anxious day, I will blog about it"

7.30AM I spring out of bed the second my alarm goes off – much to the annoyance of my boyfriend, Alfie [Deyes, also a YouTube star]. The first thing I do is check Instagram, then go downstairs and feed my pug puppy, Nala. **7.45AM** As the shower heats up I lay out my outfit for the day – high-waisted jeans from Topshop, a crop top and my All Saints leather jacket. Then into the shower. I like Bumble and bumble's shampoo and conditioner, it leaves your hair feeling like fairies have washed it. Make-up-wise, I go for Nars Sheer Glow Foundation, a bit of bronzer and mascara, then I *have* to fill my brows – I use a matte Mac eyeshadow and an angled brush. **9AM** Unless I have meetings in London, I work from my home in Brighton. I do have an office but, as usual, I end up on the sofa with my laptop. I'm working on my second novel at the moment, so I put on some James Bay and focus on that for a couple of hours. **11AM** I catch up with the comments on my YouTube channel – there are so many that I can't reply to everything, but I do try and read them all. Check Twitter and Instagram *again*. **12PM** I'm feeling very organised and plan out my next ten YouTube videos – it's good to have a list ready for a filming day. **1.15PM** Lunch is some toasted wholemeal pitta breads and hummus. I have a play with Nala, she needs lots of attention. **2PM** Reply to an email from mental-health charity Mind. I'm their digital ambassador, so if I'm having an anxious day, I will blog about it – it's about encouraging people to open up and talk about it. Then I make some calls about my beauty line to discuss packaging. **3PM** Editing my videos takes a lot longer than people think. I'm not an expert like Alfie, who knows all the keyboard shortcuts. It takes a big chunk of my day. **6PM** Take Nala out for a walk, then Alfie and I get dinner. I am a massive pizza fan, so we pick up a take-out from Pizzaface. I always go for margherita with extra cherry tomatoes and a bit of mascarpone. **8PM** It's rare we go out, as I start getting tired early. I catch up on my friends' YouTube channels and watch my brother's snowboarding videos. Then I put on an episode of *Once Upon A Time* – I'm obsessed with Netflix, and have just finished *Pretty Little Liars*. **11PM** Wake up on the sofa – I've dozed off. In the evenings, I'm a total sloth. I go up to bed and fall straight asleep. I'm definitely more of a morning person. ▶

For advice and support on anxiety and stress, visit mind.org.uk/getyourguide

By Hanna Woodside. Photograph: Eyevine

DAWN O'PORTER HONESTLY



"Getting older? Bring it on"

When people bang on about getting old, it really bores me. I love getting older; it's brought nothing but benefits to my life.

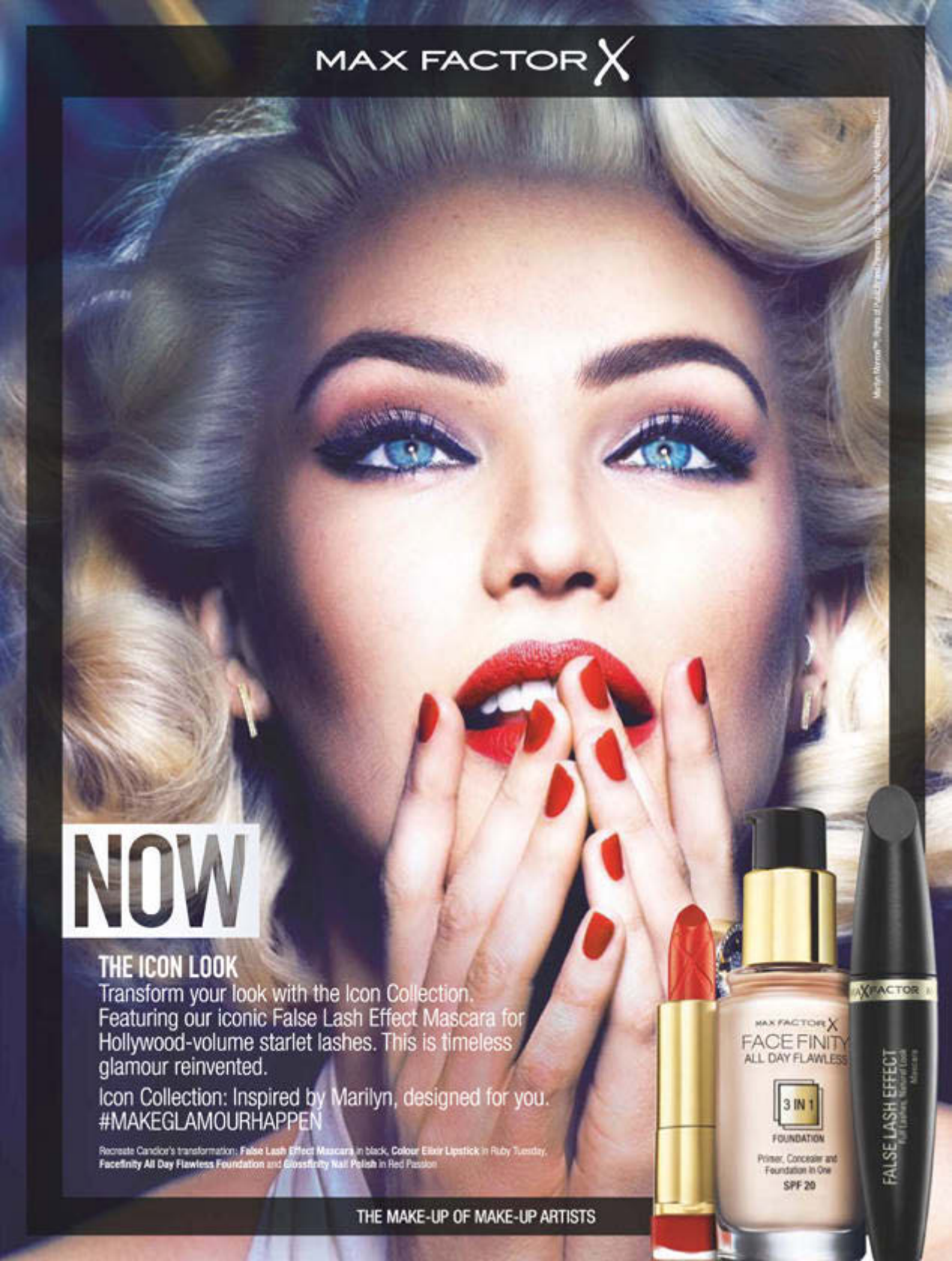
My teenage years were fun in many ways, but I also had dramatic attention-seeking outbursts and body-confidence issues. I was raised on Guernsey, a seven-by-four-mile island surrounded by white sandy beaches. I can't recall a single time in my teenage years when I swam in the sea. Instead, as I watched my friends splash about, I'd offer to 'watch the towels' because I couldn't bear the idea of anyone seeing my body in daylight.

I was a bright kid in many ways, but academically I was useless. I failed the majority of my GCSEs and almost didn't make it to A-Level. I pretended schoolwork wasn't important, but felt embarrassed about my lack of achievement. I was desperate to be famous and Pythagoras and his boring Theorem could do one. I thought acting was the be-all and end-all, but my drama teachers didn't seem to agree. I rarely got a leading role in school plays, and often stood in the wings feeling rejected. On top of this, I had umpteen typical teenage experiences with boys that left me feeling shitty and insecure. Fun too, sure, but I'm so thankful those years are over.

My twenties, though highly adventurous and dotted with great achievements (I made TV shows and wrote my first book), were also mortifying in many ways. I was still doing all I could to get noticed, going to parties to 'schmooze' and pushing myself in front of people who I thought could elevate my career. I was starving for success and the only reason I'd want to go back there would be to give myself a chill pill. Meanwhile, aggressive stomach pain had me rolling around on the bathroom floor most nights and, as it took me years to realise I couldn't digest wheat, my belly got bigger and those teenage body-image issues continued to grow. I was also mostly single despite dating lots and some occasional month-or-so-long relationships. I guess it's fair to say they were all unsuccessful.

What a relief hitting 30 was. I met my husband, so could do away with Repetitive ▶

MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS

◀ Dating Syndrome (date, convince yourself it's worth pursuing, slowly realise it isn't, dump/get dumped, repeat). I realised that writing made me happier than being on screen, and my desire to be famous segued into a thirst for success – believe me, there is a vast difference between those two things. I hit some hard financial times in my early thirties, but even that, in retrospect, was a valuable lesson in self-preservation. My motivation is much more focused now and, in a weird way, I'm glad it happened.

As for those body-image issues that kept me huddled on the sand in a big jumper? It's a problem I just don't have any more. I'm the one who suggests running into the sea these days. After I educated myself about nutrition, and got rid of the bellyache that bloated me, my weight remains at a place that I'm happy with. People might pass flippant comments about me on Twitter, but those people don't go to bed at night worrying about my belly, only I do that – and age has taught me not to bother. Filling my life with other brilliant things is a great distraction from the stuff I don't like very much.

"I wouldn't change many things about my past – even the things that make me cringe"

I wouldn't change many things about my past – even the things that make me cringe – but I wouldn't want to return to any part of it, either. It's got me to where I am now, at the ripe old age of 36, a wife, a mum, a calm and stable woman with a career I love. I'm happier than ever, I think I look better than I did when I was younger, I'm achieving more than ever, and I'm in love (something I never thought would feel this easy). And you know what I can thank for all of that? Yup, getting older. So you'll never hear me moaning about age. In fact, I'm excited about it.

What do you reckon? Tweet me @hotpatooties #GlamourMagUK



GOING UP



Dry shampoo
Where would we be without it at festivals? Mini-size is perfect for your handbag.

The block button
No more acting like we don't see you. You're rude, you're BLOCKED.

Bare nails
Go au naturel and let 'em breathe!

Audio books
Turn the music off and inhale a novel while you commute.

DAWN'S DOS & DON'TS

Cryptic Facebook status
Enough. Just say what you feel.

Tai Chi in public places
You might feel Zen, but you make the rest of us feel weird.

Keeping the tap running
Some people have no water. Turn it off while you clean your teeth.

'90s fashion
Just not my era. Sorry.



GOING DOWN

Portrait: David Loftus. Photographs: Getty Images, Rex Features. Hair: Adam Reed at Eighteen Management. Make-up: Valeria Ferreira at Caren. Manicure: Sophie Harris Greenslade at Emma Davies Agency. Fashion Assistant: Holly White. Two-piece: Bob by Dawn O'Porter


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Sand in your melon? Nothing A&E can't fix

…if your first – and last – picnic of the year ended with a swarm of wasps and a Frisbee to the face

...to swear you're sticking to water on that long-haul flight – then immediately order a G&T when the drinks trolley comes

…if hearing your own voice is seriously off-putting. Do you really sound like that? Argh

...if you can eat a 'sharing' bag of Doritos on your own, no problem

…to rewrite that email to your boss five times to get it *just* right

(Thanks to GLAMOUR reader @UrshCorcs)

...if you definitely, 100% need six bikinis for that three-day break

…to say, "Excuse me, is anyone sitting there?" as you stare pointedly at the bag taking up the last seat on the bus

...if you've got two dance moves – and you're sticking with them

…to swipe all the free sachets of coffee from your hotel room, even though you know you have better coffee at home (Thanks to GLAMOUR reader @bloglilyrose)

...if you have to be at the airport an hour before check-in even opens, you know, "just in case"

…to find it a *liiiittle* telling that it's called OkCupid, not AwesomeCupid

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }

By Hanna Woodside. Photograph: Walter Chin/Trunk Archive









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Get your look at youtube.com/TRESemmeUK

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By Nicola Down. Photograph: Getty Images

FROM **LOVERS** TO **LANDLORDS**

What to do when you don't want the man any more, but you do want the house

Own a property with your boyfriend, but you've split? For many, the temptation is to sell up and move on, but some couples opt to stay on the ladder and rent out the property instead. Why? "The rental should cover all the mortgage and other costs, and you can still afford to rent somewhere else," says Jasmine Birtles, a financial expert at moneymagpie.com. But it can be risky. Here's what to consider first:

SEEK UP-FRONT ADVICE

"Becoming joint landlords with an ex and renting out a jointly owned property is only something to consider if you've taken some independent specialist legal and financial advice," says Birtles. The Citizens Advice Bureau suggests checking out The Law Society and The Institute of Financial Planning online.

TELL THE RIGHT PEOPLE

Your first step is phoning your mortgage lender, as they may need to change your borrowing arrangement to a rental-specific mortgage. Don't skip telling them, as this is considered fraud. You should also think about how it will affect your tax and any benefits. For example, if you rent out a spare room and make more than £4,250, there might be tax implications. Go to hmrc.gov.uk for guidance.

KNOW YOUR LANDLORD DUTIES

Before you go any further, brush up on the practical responsibilities of being a landlord (there are heaps). For a start, you have to keep the property safe and in good repair, which means everything from regular gas safety checks to fixing a dripping tap. The government's online 'letting your home' section is a helpful place to start (visit gov.uk/government/publications/letting-your-home). There are also bills to factor in, from letting agent and accountant fees to insurance and maintenance costs.

HAVE A GET-OUT PLAN

To ensure you can get your money out of your home if you need it, put a break clause into your Declaration Of Trust (see box below). If you didn't get one when you bought, get legal advice now. It's something Jane Nixon, 39, is kicking herself about. "When I split from my ex, rental seemed a smart way to stay on the ladder. The trouble was, when I wanted to sell, he didn't, which made getting a mortgage with my new partner impossible."

SHOULD ONE OF YOU STAY PUT?

Are either of you flush enough to stay and cover all costs? If not, could renting out a spare room help? "You won't have to change the mortgage agreement or incur all the costs associated with being a landlord, but remember that even if you're not living in your old home, you're still liable for the mortgage, as well as any bills in your name," says Birtles.

REMOVE THE EMOTION

"If you can't see it as a commercial venture, you're doing it for the wrong reasons," says psychologist Emma Kenny. "It could be emotionally harder to make a fresh start." Get independent financial and legal advice to make sure you think with your head, not your heart.

BUYING WITH YOUR PARTNER? READ THIS

1 Beware the common-law myth "Don't assume you have the same legal protection as married couples," says Birtles.

2 Know your mortgages If you hold it as Joint Tenants, you're entitled to half the proceeds of the sale, whatever you put in, and receive 100% of the equity if the other person dies. This isn't the case with Tenants in Common.

3 Get legal advice Have a solicitor draw up a Declaration Of Trust. This nails down important stuff – when the property can be sold, if you have first refusal if he wants to sell, plus how proceeds will be split.

4 Remember, you own *their* debt, too Mortgage lenders see you as 'jointly and severally' liable, even if you end up moving out. This means if your ex doesn't pay their monthly share, you'll be expected to cover *all* payments.



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HIS **FIRST DATE** FIBS

More than 70% of men have lied on a first date to impress a woman. Time to 'fess up, boys...



"Ugh, one more drink and maybe he'll sound interesting"

"In a panicked attempt to keep the conversation going, when my date mentioned she'd gone to Glastonbury, I blurted out, 'Me too!' Cue an excruciating 15-minute conversation where she enthuses about all the amazing bands that performed, while I murmur in agreement. I was in a full body sweat by the time I managed to change the subject." **Andrew, 32**

"I haven't had a serious relationship in the past five years, but I really liked my date and didn't want her to think I was a player. So when she asked about my last relationship, I invented one. I tried to keep it vague, but I got a bit too into it, describing how I was cruelly dumped by my imaginary ex for someone else, *over email*. And how she didn't have the decency to tell me to my face, and we'd been going out for *two years*! I felt genuinely sorry for myself." **Harry, 33**

"I do stand-up comedy in my spare time. It's mainly pub function rooms and open-mic nights. As I described it to my date, I was worried it sounded pathetic, so then I added that I'd been scouted by someone at the BBC and was in discussions about presenting my own show. I could tell by her face she knew it was bullshit. And no, there wasn't a second date." **James, 27**

"I once told a woman that I could drive (I can't). She caught me out half an hour later, when I opened my wallet to pay the bill, only to reveal my green provisional licence in the clear plastic ID holder. To make it worse, I tried to cover up, saying I'd recently passed and just hadn't got around to changing it. When I looked at her Twitter after the date, she'd Tweeted: *Just went on a date with a guy who pretended he could drive for no reason #weirdo.*" **Hugh, 32**

"I've been with my girlfriend for six months. On our first date, I felt embarrassed that she owned her own flat, while I'm still renting with mates. So, of course, I pretended I owned our *entire* four-bed house and I was my flatmates' live-in landlord. It's such a stupid lie, mainly because I'm a freelance graphic designer with nowhere near the income to do so. I haven't told her the truth yet – and I've made my housemates swear to play along, much to their amusement." **Jake, 29**

"My date was impressed that I worked in the music industry. I'm actually on the financial side of things, but I got carried away and made out that I helped write some of the songs on Maroon 5's latest album." **Luke, 28**

"I told an offhand fib that I'd done a bit of rock climbing, to make myself seem more interesting. I only remembered when she texted me the following week suggesting a date at the local climbing wall, where I could show her how it's done. Awkward." **Jonathon, 28**

Photograph: Pamela Hanson

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BOSS A BIT SNAPPY?

Or insensitive, or hyper-critical, or just plain disorganised? Bite back by turning it into a career lesson that gets *you* ahead



Ever sobbed in the loos because your boss has slammed your work? We've all been there. According to a recent survey, 41% of employees have left a job solely because of a hellish employer. "But every part of your career, including your superior, can teach you something," says Laura Vanderkam, author of *I Know How She Does It: How Successful Women Make The Most Of Their Time*. These successful women reveal what they learnt from a bad boss.

"THE POWER OF SAYING NO"

Niamh Spence, creative content executive at digital marketing company theEword

"My first job after university was for a shiny new start-up company and I liked my boss as a person, but he was shockingly disorganised. He said yes to every offer of work, meaning we often weren't able to meet the demands or expectations of the client. It's one thing to be ambitious, but he wasn't realistic about what we could manage. Now, I know it's better to specialise in what you do, so you can offer quality service."

"TO LOOK AT THE POSITIVES"

Helena Fisher, managing director of Talk PR

"Early in my career, I had a boss who undermined every aspect of my work. I came into the job feeling capable and left with low self-esteem, but it taught me the importance of seeing the best in a situation, no matter how bleak. Presentations, for example, can be ruined by nerves, IT failures and questions that throw you, no matter how prepared you are. It's awful, but by focusing on what did go right (there's always something), versus what went wrong, you'll keep your perspective and confidence intact."

"TO STAND UP FOR MYSELF"

Angie Jones-Moore, freelance accountant

"I had a boss who used to pick on my personal appearance constantly. I was 20 and didn't know how to deal with it. The final straw came when he told me I was a 'wimp' for having tonsillitis. I quit – no one should be treated that way. Later, when I started training people, I made sure to strike a balance between being firm and sensitive."

"TO BE DECISIVE"

Heather McGregor, director of communications search firm Taylor Bennett

"I had a boss who never clearly explained what he was thinking. He would pretend to include us in decisions, when he'd already made up his mind. I'd spend hours giving views and backing them up, only to find he had no intention of listening to my point of view. Now, I meet my senior team weekly and share the decisions we all face. If I've already decided, I'll say so, but invite them to share concerns."

"THE VALUE OF TEAMWORK"

Georgina Coleman, head of corporate sales for Late Night London

"I was once PA to a company director who'd bark orders and had no idea how to manage a big team, yet took all the credit when we did well. We'd often get blamed for his mistakes because he hadn't delegated properly. Now I have my own team, I recognise they have many different skills, some of which surpass mine, and we work together, rather than them acting as robots following my instructions."

HOW TO **DEAL** WITH A USELESS BOSS

Laura Vanderkam shares her tips

"If they're being continuously unfair, ask for a one-to-one and say: 'I want to be helpful, but I'd have preferred if you'd addressed that situation like this, or talked to me privately if there is an issue.'"

"A STRICT BOSS IS ONE THING, HARASSMENT IS ANOTHER. MAKE NOTES OF EXTREME BEHAVIOUR, SAVE UNPROFESSIONAL EMAILS AND ASK PEOPLE YOU TRUST IF THEY AGREE IT'S CROSSING THE LINE. IF SO, TALK TO HR."

"If your boss is friendly but disorganised, find solutions. Say, 'I've noticed this and thought I could help you by doing that.' They'll respect you for making life easier."

By Scarlett Russell. Photograph: Dorling Kindersley. Heather McGregor is the author of *Mrs Moneypenny's Financial Advice For Independent Women*

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→ Choose local currency with Chip & PIN If you're given a choice, always select the local currency over sterling, or you'll get stung with a fee (about 4% of the value of your shopping).

→ Use your card at the airport It's *so* frustrating when your card's blocked on holiday. Paying for something on plastic at the airport can help the fraud team see you're on holiday. But make sure you have your bank's overseas number (that starts +44 1) stored on your phone, just in case.

→ Looking for the best exchange rate? The personal finance pros at Money Saving Expert have created travelmoneymax.com. Tell it how much you want to take, when you're travelling, and how you want to pick up the currency and it will show you where to get the best rates.

SMARTPHONE SAVIOURS

→ Use Google Maps offline Type 'OK Maps' in the search bar (make sure you're logged in) and save the section of map that's on-screen to access offline. Better than a screenshot, you can zoom in on your saved map, and your GPS will still work offline, so you can see where you are with the blue dot.

→ Create a digital itinerary Download Tripit (free on ioS and Android), forward all your confirmation emails for flights, hotel, car rental and transfers to the app, and it will automatically make an itinerary (accessible offline) with all the reference numbers, timings and info you need. Genius.

→ Point, click and translate You can now use your camera with the Google Translate app – just hit the camera icon, point your phone at the words you want to read, and voilà, real-time translation. An end to menu roulette. The app currently works from English to (and from) French, German, Portuguese, Italian, Russian and Spanish.

→ Make the most of your data package If you're forking out for a pre-paid data bundle to use abroad, download the Onavo Extend app (free on ioS and Android) before you jet off. It compresses all the data you download, so you get more bang for your buck.



When they'd said the flats needed work, they weren't kidding

BEACH CHEATS

→ Make a DIY beach cover for your gadgets A resealable sandwich bag stops splashes and sand wreaking havoc with your smartphone/e-reader/tablet. And the touchscreen still works through the plastic.

→ Talcum powder cleans sandy feet Seriously, it works. The dry powder will absorb any remaining moisture, and the sticky sand will fall away.

→ Remember the golf ball rule Most of us apply 25%-50% of the recommended amount of sunscreen – you need one ounce to protect your whole body. That's enough to fill a shot glass to the brim, or the size of a golf ball. Make sure insect repellent goes *under* the sunscreen, or it will wipe it off.

PACK LIKE A PRO

→ Prevent a necklace from getting tangled Get a drinking straw, undo the clasp on your necklace, then thread one end of the chain through the straw until it comes out the other end. Now do up the clasp: no more knots.

→ Leak-proof your toiletries Avoid the shampoo explosion in your suitcase by unscrewing the lid and placing a square of cling film over the bottle neck, then screw it back on.

→ Protect powder make-up from cracking A few layers of cotton cosmetic pads or cotton wool under the lid will give it extra cushioning from bumps and bashes.

By Hanna Woodside. Photograph: Pamela Hanson

3 PICS TO KEEP ON YOUR PHONE

- Your airport parking 'zone'
- Your luggage receipt
- A screenshot of your hotel name and address

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Phone on its last battery legs, but still can't peel yourself off the sofa to get the charger? Ikea has the solution to this most first-world of tech problems with its wireless phone-charging coffee tables, bed stands and lamps. "It works via QI technology, which allows devices to be topped up in power without the need of a wired charger," says Helena Stone, editor-in-chief of chipchick.com.



The minute you go out, your delivery arrives

The game-changer Ring Video Doorbell approx £134.54 ring.com

A sort of techno bouncer – when someone rings your bell, this device sends an alert to your smartphone, opening a live video stream showing who it is, and letting you talk to them (so you can say where to leave your delivery). "It's an extra layer of home security, letting me see who's at the door without getting off the sofa," says Stone. Also serves as a security camera that activates when it senses motion.



You don't have time to even boil a kettle

The game-changer The iKettle, £99.99 and **Smarter Coffee** £149 both firebox.com

The tech experts at Smarter have the answer to more 21st-century laziness: a kettle that connects to your smartphone. "I can put it on via an app before I even get out of bed, so it's boiled when I get downstairs," says Nikki Moore of girlgeekchic.com. Coffee fan? The Smarter Coffee machine also connects via your phone to control strength and how many cups, then wakes you up and keeps it warm for 40 minutes.



When you go to snap a selfie, you've no storage

The game-changer iBridge Mobile Memory approx £40.55 Leef

Sick of the 'memory full' message on your iPad or other Apple devices? "The Leef iBridge is a purse-friendly way of expanding your storage," says gadget-girl-in-the-know Ella Williamson from gadgetgirlella.com. Slotting into your portable device, and looking like a curved USB stick, this handy add-on gives 16GB of additional storage for songs, photos and videos – even when your storage is completely maxed out. No more panic-deleting pictures from your camera roll.



You never hear your phone in your handbag

The game-changer Ringly from approx £130 ringly.com

This smart and stylish ring alerts you via a gentle vibration or flashing light when you get a call/message/email from someone you've marked as important enough to be interrupted for. "You can put away your smartphone in an important meeting or long-overdue catch-up with your best friend, while ensuring you don't miss the call/email you've been waiting for," says Williamson.



You're always forgetting the key to your bike lock

The game-changer Skylock pre-order at approx £107.48 skylock.cc

Connecting to your mobile, Skylock uses Bluetooth to lock automatically as you snap the lock in place, then unlocks as you approach your bike. It also uses solar-powered batteries to recharge (an hour of sunlight is enough for it to last the entire week). And it sends alerts to your phone if anyone tries to make off with your bike. Oh, and lets your loved ones know if you have an accident. So yes, it's pretty smart.

By Marie-Claire Dorking

WHATEVER YOU'RE DOING...



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WORK READY



DATE NIGHT



DAY TRIP



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GIRLS NIGHT OUT

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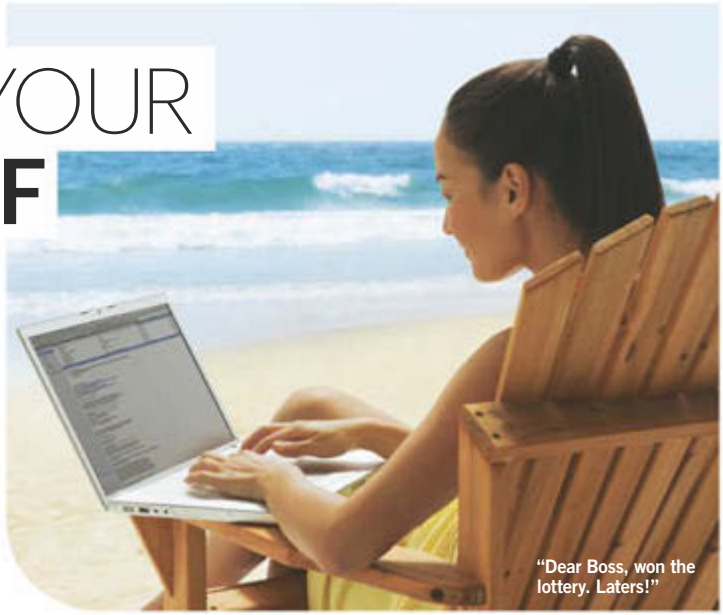
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AMP UP YOUR **TIME OFF**

And turn your sun-lounger into a career springboard


"Dear Boss, won the lottery. Laters!"

By Gemma Askham. Photograph: Getty Images

Work might be the last thing you want to think about when you've waved bye bye to the office for two weeks, but experts believe this can be the perfect time to boost your job prospects. "Annual leave gives you the opportunity for some headspace away from the pressures of work, to plan your career goals and identify the skills to acquire so that you can achieve them," says Annette Cox, associate director at the Institute For Employment Studies. Here's how to waltz back to work more employable than when you left…

1 LEARN TO CODE

Coding is currently the most highly marketable bolt-on skill, according to Caroline Ghosn, co-founder of Levo League, a networking community for Gen Y women. Where to start? She recommends Codecademy – a free online platform that makes it easy. Start with HTML & CSS (a seven-hour course), then JavaScript – the main programming language of the internet (ten hours). You can dip in and out, but by the end you'll have built replicas of Airbnb and Etsy's websites.

2 SIGN UP FOR A MOOC

In no way related to that classic holiday sighting, the moob. Mooc is short for Massive Open Online Course – a phenomenon that started a few years ago when universities gave away online versions of popular courses for free. Today, the hard part is choosing what to study. Cox suggests learning the basic skills your co-workers have, so you're on the same page. "If you work with graphic designers, teach yourself the basics of a common graphics package," she says. Or look at job ads a rung higher than your current level and see what skills you lack. Use your break to enrol via Coursera, Udacity, edX or FutureLearn.

3 DO A SEASONAL CV UPDATE

In our quickfire society, it's too late to update your CV when you want to jump ship – employers won't hang around while you try to remember where you saved it. Recruiters spend six seconds scanning a CV before making a call, so load the first third of it with your key accomplishments – especially anything you can give a concrete number (eg improved sales by 15%). And include your LinkedIn, Twitter and website: hiring managers *will* search social media for you – this makes their life easier.

4 TREAT TWITTER LIKE YOUR AGENT

Played right, Twitter can become the recruitment agency you use from your sun-lounger. Step one: "Find hashtags relevant to your industry, then engage with the influencers using them," says Ghosn. But plain old Following won't cut it. "Retweet or Favourite posts, Regram Instagram posts, or start a conversation with a compliment, eg 'great story, thanks for sharing'. Avoid stalker territory, but if you're consistent, they will start to notice." And, as with your CV, act fast. "Build relationships now instead of when you're scrambling to find a new job. The people you consistently converse with are the ones you can go to in the future and ask for help or advice."

5 GET MORE VISIBLE IN YOUR FIELD

Regret never starting that blog? Head to Medium – the website of Twitter founders Evan Williams and Biz Stone that publishes opinion posts by genre. Either contribute, or comment on work by asking a question or adding a fact that gives more insight. Vlogging takes personal branding up another notch. "We're not all going to be the next Zoella, but competence in any kind of digital marketing is another string to your bow," says Cox. Bookmark Vlog Nation, which gives tips on picking a topic and audience, editing content, even choosing the right YouTube channel name. And always think bigger picture. "For professional roles, the format adopted by TED Talks makes them ideal for turning into subsequent podcasts," she adds.

GET FIT **FAST**

Too busy to work out? These super-speedy exercises can all be done in ten minutes or less, so now there's NO excuse

What with working, coaching friends through life traumas and keeping up with *Game Of Thrones*, cramming in an hour-long workout isn't always realistic. Happily, science is thinking of us. One recent study found that mini bursts of high-intensity exercise were as effective as longer periods at a lower intensity to raise fitness levels and burn calories. Considering the average Tinder user spends 90 minutes swiping each day, ten minutes doesn't seem such a big ask…



Somehow there was never any *post*-run proof on Instagram

SEE YOU AT THE BARRE

Even if you don't have time to devote hours to your ballet workout, there's a quick way to feel the burn. Barre3's online '10 To Go' workouts are ten minutes of thigh-shaking and bum-lifting barre moves, created to boost the body's metabolism to a point where it continues to burn fat for hours post-exercise. "Each video includes an isometric hold, small one-inch reps and larger dynamic moves, and short workouts are proven to reduce stress levels, too," says founder Sadie Lincoln. barre3.com

GIVE IT FOUR

You thought HIIT was hardcore? Welcome to Tabata. Born out of a '90s Japanese study that found exactly four minutes of intense interval training was as effective as hours of lighter training, the method involves doing one exercise for 20 seconds on and ten seconds off, eight times. "I do burpees, push-ups and squat jacks in short, sharp shocks," says Tabata fan Polly Farnham. "I've noticed a huge change in my bum, and now I can run 10K instead of 5K!" puregym.com

TONE UP IN SEVEN

Your phone delivers far more than monkey emojis and Instaquotes – including a fist-pumping workout challenge, thanks to free fitness app Seven. Based on the theory (first inspired by an *American College of Sport Medicine Health & Fitness Journal* article) that seven minutes of super-high-intensity exercise can boost fitness levels like no one's business, Seven offers daily workouts – each lasting seven minutes – and charts your progress over the course of seven months. iOS and android, free

SUPER STACKED

The short-but-sweaty cardio workouts of US exercise guru Tony Horton, aka the Ten-Minute Trainer, have been proven to burn as many calories as 30 minutes of jogging. "Every move utilises the lower body, abs, upper body and cardio, so it's like four workouts in one – I call it Super Stacking," says Tony. "Rather than isolating one muscle, stacking means moving multiple body parts at once, so you get much more done." beachbody.co.uk

By Victoria Joy. Photograph: Arthur Belebeau/Trunk Archive

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HOW I GOT HERE



Helen MacNamara

Helen, 38, is a British Airways senior first officer. She is one of 200 female BA pilots and flies to destinations across America, Africa and Europe



I had no idea what I wanted to do growing up, so I did that thing of going to uni to study something I was good at. After my first year, I went backpacking with a friend in Africa, and met a couple of bush pilots. They took us on flights and I fell in love with the freedom, the views and the technical challenge. I decided then to be a pilot.

EDUCATION

1994-1997
BSc Physics, The University of Manchester Institute of Science and Technology

CAREER EXPERIENCE

1998
Cadet at CAE Oxford Aviation Academy

I was accepted onto BA's Future Pilot Programme, so I didn't have to pay the £100,000* fees to go to a flying college, but it's really competitive to get into – there are 100 places for 4,500 applicants and I had to pass a medical, various selection tests and an interview. After 14 months, I graduated with my Commercial Pilot's Licence, but was only qualified to fly a light twin-engine aircraft. I had no jet aircraft type rating and BA only operates jet aircraft, so I had to embark on the final part of my training, called 'type rating'.





The first thing I did was learn to fly a Boeing 737 in a simulator. Then I made my first flight to Pisa, with a training captain and a 'safety pilot' (a more experienced first officer). I'll never forget the exhilaration. One reason you start off in short-haul is to get lots of take-off and landing experience. My first landing was thrilling – I had a sudden realisation of the skill required to land safely.

2000
First officer, British Airways

2004
Senior first officer, short-haul flights, British Airways

To get my promotion, I had to go through another demanding selection process. Only one in 18 BA pilots is female, and people are often surprised when they hear my voice over the PA system. Once I was flying with another female captain and we received a note from two passengers, encouraging us to, "Keep rocking the skies, ladies!"



Moving to long-haul meant changing to a bigger airplane (a Boeing 767) and flying under the supervision of a training captain again. I also had to tackle jet lag for the first time. But I love the challenge of taking an aircraft safely around the world and I'm lucky that I get to travel to places that aren't obvious holiday destinations, such as Entebbe in Uganda.

2006
Senior first officer, long-haul flights, British Airways

2011-present
Cadet liaison pilot, British Airways



I now mentor BA's sponsored cadets on top of my day job, and the BA scheme has seen a 50% rise in female applicants. People always ask if I've experienced sexism in the workplace, but there's no room for it – the pilot selection process is so objective. My next step? To become a captain, hopefully in the next couple of years.

HELEN'S LIFE LESSONS

1 **Be punctual.** It reduces stress. Pilots are very time-orientated because it's always, "How many minutes until take-off or landing?"

2 **Embrace failure.** It happens to all of us at some stage – the hard thing is learning to pick yourself up and carry on.

3 **Have fun.** I work in a very regulated and procedural industry, but I still bring my personality to the job. Work would be boring otherwise.

By Ruth Caven. Photographs: Corbis, Alamy. *This cost is approximate and payable upfront for a 16-month course

NEW YOU, NEW HUE

Trending right now: hot hair colour

Have you always wanted to experiment with colour, but never known where to start? Fear not. Schwarzkopf LIVE has joined forces with some of the coolest fashion, style and beauty bloggers to show us just how fuss-free (and pretty) home colour can be. So, whether it's a major mane change or a subtle lift: it's time to embrace your inner colour chameleon and rock a new 'do – and hue.



KAVITA, OMBRE LUXE

@SHEWEARSFASHION

Hello, ultimate summer hair. Kavita loves how the lighter ends bring out her features and we couldn't agree more. And the best part? Just how easy this ombre is to achieve. Grab a toothbrush, LIVE Max Blonde and you're set. For techniques, head to livecolor.co.uk

Top tip: If you want more of a contrast, mix a darker shade through the top before applying the lightener.

GLAMOUR Loves: LIVE Tempting Chocolate





HANNAH, RED HOT

@HANNAHLOUISEF

Red hair is at the top of the trend table and we're loving Hannah's stand out shade. One, because it's the perfect hue to match her porcelain skin tone and two, it's got the gloss factor. Recreate her look with LIVE Real Red.

Top tip: For a shade of red that complements your summer glow, try LIVE Red Passion





LEANNE, CUSTOM PASTEL

@LEANNELIMWALKER

What's better than one hair shade? Two. Multi-colouring is huge right now, and you can mix and match hues to suit your style. To get Leanne's gorgeous purple pastel locks, mix Ultra Brights Purple Punk with a touch of Ultra Brights Electric Blue and conditioner.

Top tip: When mixing semi-permanent colours in a bowl, the shade you see is a good indication of what it will look like on. For a more intense result, add more colour crème.



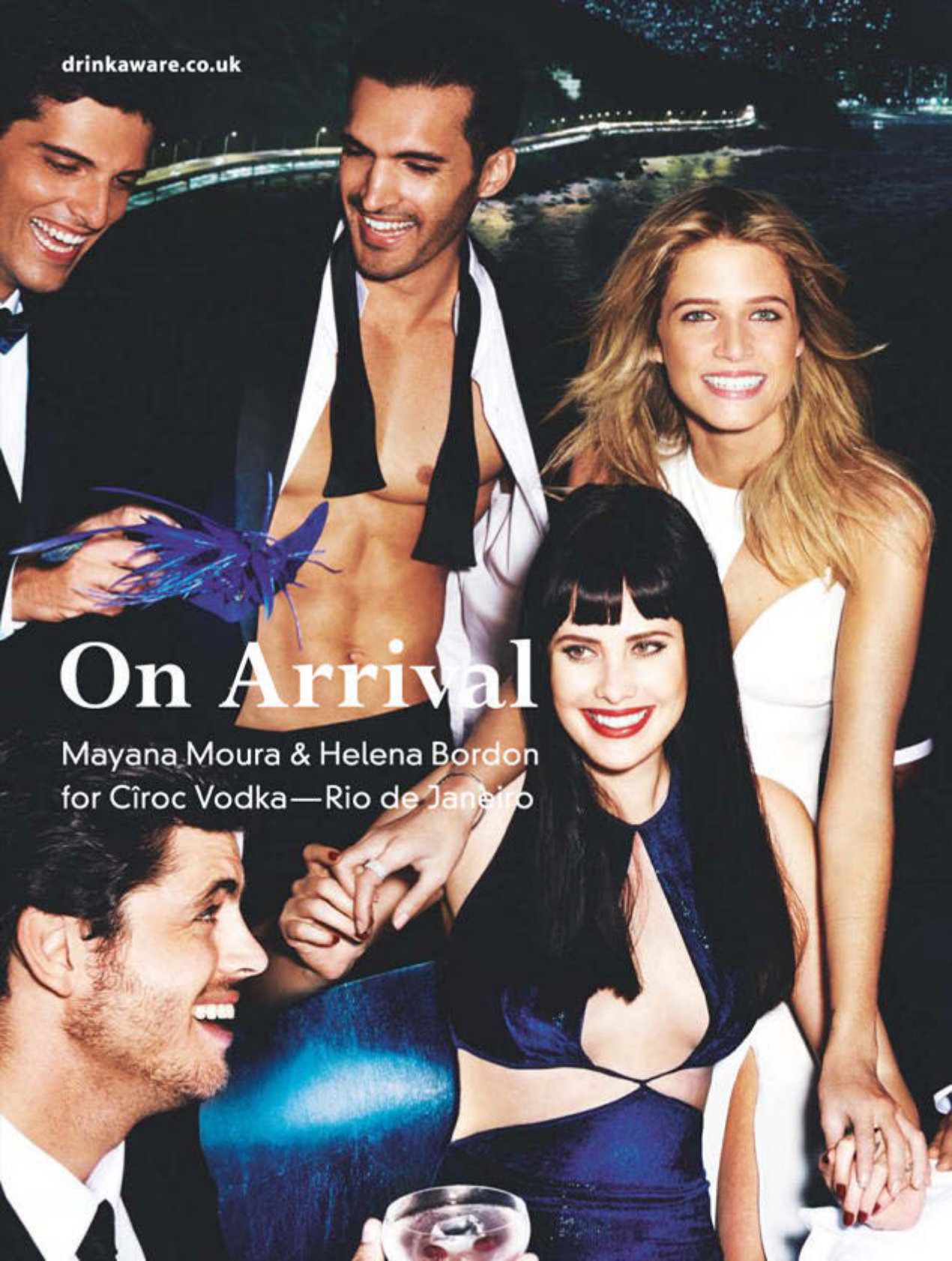
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Photograph: Donja Pitsch

"My sister, my brother"



From left **Meghan (right) at home with her sister Lolly in 1995; Meghan with her brother Kenyon in 2014**

The bond between siblings can be one of the most significant, and complicated, relationships we'll ever have. Here, **Meghan Tear Plummer,** 26, shares her story of loving her transgender brother – and missing the sister he used to be

My sister's clothes hang in my wardrobe and fill my drawers. The only ones I wear regularly are the sports bras, but when I go home to my parents' house, I still head to Lolly's old room to see if there are any more girl things left to take.

On my latest visit, I found a jacket I used to borrow in secondary school, my sister's favourite: blue tartan, with a feminine silhouette. In school, our mum said that I was greedy to nab Lolly's clothes when I had a billion choices of my own, which was true. Now, I suspect that Mum just wanted Lolly to hang on to the few girlie clothes that she would actually wear.

I don't have a sister any more – I have a brother. Kenyon (formerly my sister, Lolly) ▶

◄ is transgender. But I don't want you to think this is an article about how weird it is to have a transgender sibling. Instead, I'm writing about a shell I still love and the grief I might not feel if I were a better person.

Kenyon started taking testosterone – or T, as he calls it – every seven days, beginning in March 2012, when he was 22. The T comes in vials and is the colour and consistency of vegetable oil. First, Kenyon's voice deepened; then he asked me to watch him shave his face for the first time. Today, he is a capable-looking man reminiscent of a teddy bear, an upside-down triangle rather than an hourglass.

When I saw Kenyon for the first time after his top surgery, he let me touch the raised red scars where his breasts had been. After six months of healing, the scars still inhibited his movement, but he was less ashamed of these welts than of the chest binder he used to wear. He's had only one, and he did everything in it: ran, lifted weights, read in bed, sketched, worked in the garden. Along with his sweat, the binder soaked up the shame he felt for having breasts.

Kenyon stood in my kitchen and showed me his "new" chest, without mammary tissue and with his nipples grafted lower down on his pectorals. At that moment, I realised we have the same nipples.

I'd only really looked at them once before, when we were in secondary school – before he transitioned, before he came out as attracted to women. Lolly had broken her collarbone in a football game, and I was helping my mum undress her after they got back from the hospital. We were in our parents' wardrobe, where Lolly sat still while we manoeuvred her jersey off her. Him.

Her lips were white with pain, and she begged our mother not to remove her football uniform with scissors. When her sports bra came off, I saw her breasts. I remembered the arguments she would have with Mum when we were little, about how she wanted to wear only bikini bottoms, no top, when we went swimming. Now, I couldn't believe that there had ever been a time when my sister was so un-self-conscious. She had become painfully modest – and so thin. Her chest was almost as flat as it had been when we were little girls.



Meghan in Alabama, November 2014

At this point, she was still my little sister: three inches taller than me but 15lb lighter, jawbone sharp against her neck, which was impossibly thin and sinewy. There was no fat anywhere on her body.

It was one of the few times we had actually seen Lolly's body in those days. I remember glimpses only a sister could steal: stripped to our underwear in the pool as we cooled off after long runs; on our friends' boats, in the five seconds she would be undressed just before entering the tea-brown water; after cross-country practice, when she lifted her T-shirt to wipe sweat from her face. Remember, she was my little sister.

> "To miss Lolly is not the same as regretting my brother transitioned. To call Lolly 'the shell' is the best way to explain what fills me with longing"

That day in my kitchen, when Kenyon said of his nipples, "They're kind of uneven," I said, "My boobs are different sizes, too. Not that you have boobs."

He laughed and pulled down his shirt. It took a glimpse of Kenyon's male chest to make me see that our nipples were the same – as if their similarity was proof that we were both finally occupying the bodies we were meant to inhabit.

I felt sadness, too, that had nothing to do with the scars or even the permanence of his transition. It was the space – just those few ►



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Meghan and Lolly in Texas, 1993

◀ inches – between where Lolly's nipples had been and where Kenyon's are now.

Because that's where Lolly lives, in that absence on his chest. She lives in a million places. The feeling of discovering them is like expecting one more step at the top of the stairs. Stepping onto nothing.

Lolly lives in her old running shoes that still sit on a rack outside the garage; also, in the love note our nephew wrote to us – his aunts – which hangs on my fridge. She lives in my playlists I used to make for her on my computer. Her name is etched on the bottoms of amorphous clay projects from junior school. I've inherited our matching girlie sleeping bags and backpacks and girl-things that I will never give away: skirts and V-neck jumpers and make-up in the wrong shade for my skin. It's like I've become my own twin sister.

> "Kenyon's first memory is of asking our mother, 'When will my penis come?' Our mum told him never, because he was a girl"

What I don't have is a recording of Lolly's voice. I will never hear it again, and I've forgotten its sound.

To miss Lolly is not the same as regretting my brother transitioned. To call Lolly "the shell" is the best way I know to explain what it is that fills me with longing. The shell is not – at least not entirely – the body Kenyon was born in. Lolly the shell is the gender he wore because he had to, because we were born to conservative parents who, at the time, knew no alternative.

There was so much that Kenyon had to surmount in order to transition that it seems unfair to long for Lolly. But this is my grief.

Kenyon's first memory is of asking our mother, "When will my penis come?" Our mum told him never, because he was a girl. After that he never disobeyed his assigned gender until he started secondary school. Then puberty took over and sealed him into a body he hated so much he starved it to androgyny, the only control available to him.

A year after Lolly had broken her collarbone, my mum told me she wanted to check her into the hospital. She had found clumps of my sister's hair in the shower, and said that Lolly had grown lanugo, the downy hair that keeps the body warm in the absence of fat.

Around that time, Mum put an old photo on the fridge. In it, five-year-old Lolly wears a ballet outfit and a tutu and is smiling broadly. Her hands and legs are arranged ungracefully – fingers splayed, the toes of the foot propped on her opposite leg like a flamingo curled under, in a sad imitation of pointing them. Now, Mum will admit that the photo was a way for her to remind us that Lolly was, indeed, a girl, that she had been feminine once, and that she could be again, even just for the sixtieth of a second it takes for the shutter to capture an image.

It's hard not to feel that the tutu photo was taken the same day Kenyon asked our mother when he would get a penis and she told him never.

What I call heroism, Kenyon calls survival. I get worked up when our friends say, "We'll love her anyway," or "That must be so hard for your family," implying that Kenyon's transition was a problem, not a solution. But Kenyon simply says: "Well, yeah, it is weird. But all I want is tolerance."

I wonder, do these friends understand why I've called my brother "Lolly" and taken an extra second to correct myself? Do they know ▶

◀ I wore Lolly's jacket to a friend's house, hoping it still smelled of her? I wonder if they sometimes think about who Kenyon used to be.

I think Kenyon knows Lolly still exists somewhere for our family. I don't talk about it with him very often, because I have never been one to coach my parents out of their ignorance, and I've worked hard to show Kenyon that I agree transitioning is the best thing he's ever done for himself. He's happy now, and proud of his work towards a graduate degree in chemistry.

Three years after he began his transition, he says he is the most emotionally and physically comfortable he's ever felt. When I see stories about people like Leelah Alcorn, the Ohio teen who killed herself after her parents refused to accept her as transgender, I think about how everything could have turned out differently for our family.

Recently, we were visiting my grandmother, and I stumbled on an entire sideboard of photo albums. I reached for Kenyon's baby book – square, with pink stripes – expecting über-femme photos of my little sister to go on and on. But as soon as Lolly was old enough to have a personality, there he was: two-piece outfits made to look like baseball uniforms in red and blue. Orange where there should have been pink. Hair slicked back flat and boyish. Never a top on when it could be off.

And then there was a photograph alone on a page, all the adhesive around it gone brown. Lolly must have been around three when it was taken, with white-blonde curls pulled back into a ponytail. And I see Kenyon sitting on top of a picnic table in red shorts, topless. He's smiling at the camera – closed mouth stretched over teeth, eyes big. He's genuinely at peace. If the tutu photo is of a little boy trying to please his parents, to comfort them by being the girl they want him to be, this photo is of a *happy* boy.

I showed Kenyon the happy picture, and he showed it to our parents. I don't know if it made them feel better or worse to see that Lolly has, for his whole life, been their son.

And yet that shell. There are so many ways in which even the hollow thing, holding nothing, will never disappear. This concept is all the more disconcerting when it's applied not just to objects but to Kenyon himself.

In some ways, Lolly is still there when we're together. When my brother visits me, we still share a bed, as sisters do. Family members put us in separate bedrooms now, embarrassed when we say we can share a room.

I can complain to him about birth control or female passive-aggression because he has experienced both. We are physically affectionate towards each other, as sisterhood taught us to be, though we don't hold hands in public any more.

The word brother still feels shallow to me, at least compared with what my definition of sister is. I tell myself that all the times I talked or thought about my sister, I was just using a different word for brother. Even so, it still feels misleading to use male pronouns when I talk about Kenyon's childhood, because for most of our lives, he was my sister.

> "In some ways, Lolly is still there when we're together. When my brother visits me, we still share a bed, as sisters do"

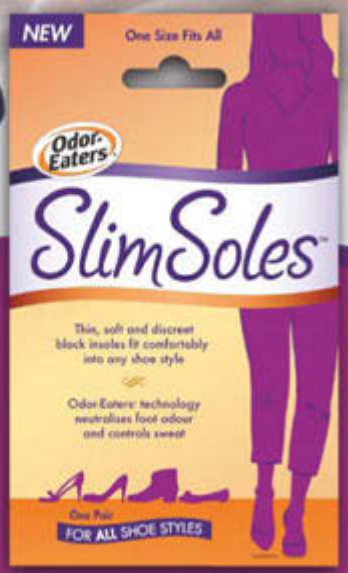
The "shell" is the best way Kenyon and I can understand what has changed. Today, he is fully, joyously himself. And yet Lolly exists somewhere between the his and her, and she is missed because she was familiar, and I will have to dismiss her for the same reasons we don't get nostalgic when we dust our houses: this is old skin. It's something else now. Now, we have something new. G

IF YOU NEED SUPPORT

The Gender Trust provides help and information for transgender people, and for those who are unsure about their gender in the UK (gendertrust.org.uk). NHS Choices (nhs.uk) also offers guidance on some of the issues that affect trans people, as does Transgender Zone (transgenderzone.com), and there are several charities that can put you in contact with families in a similar situation to Meghan's, including The Beaumont Society (beaumontsociety.org.uk) and Mermaids (mermaidsuk.org.uk).

Photographs: Rob Culpepper. Meghan Tear Plummer is an MFA candidate at the University of Alabama in Tuscaloosa

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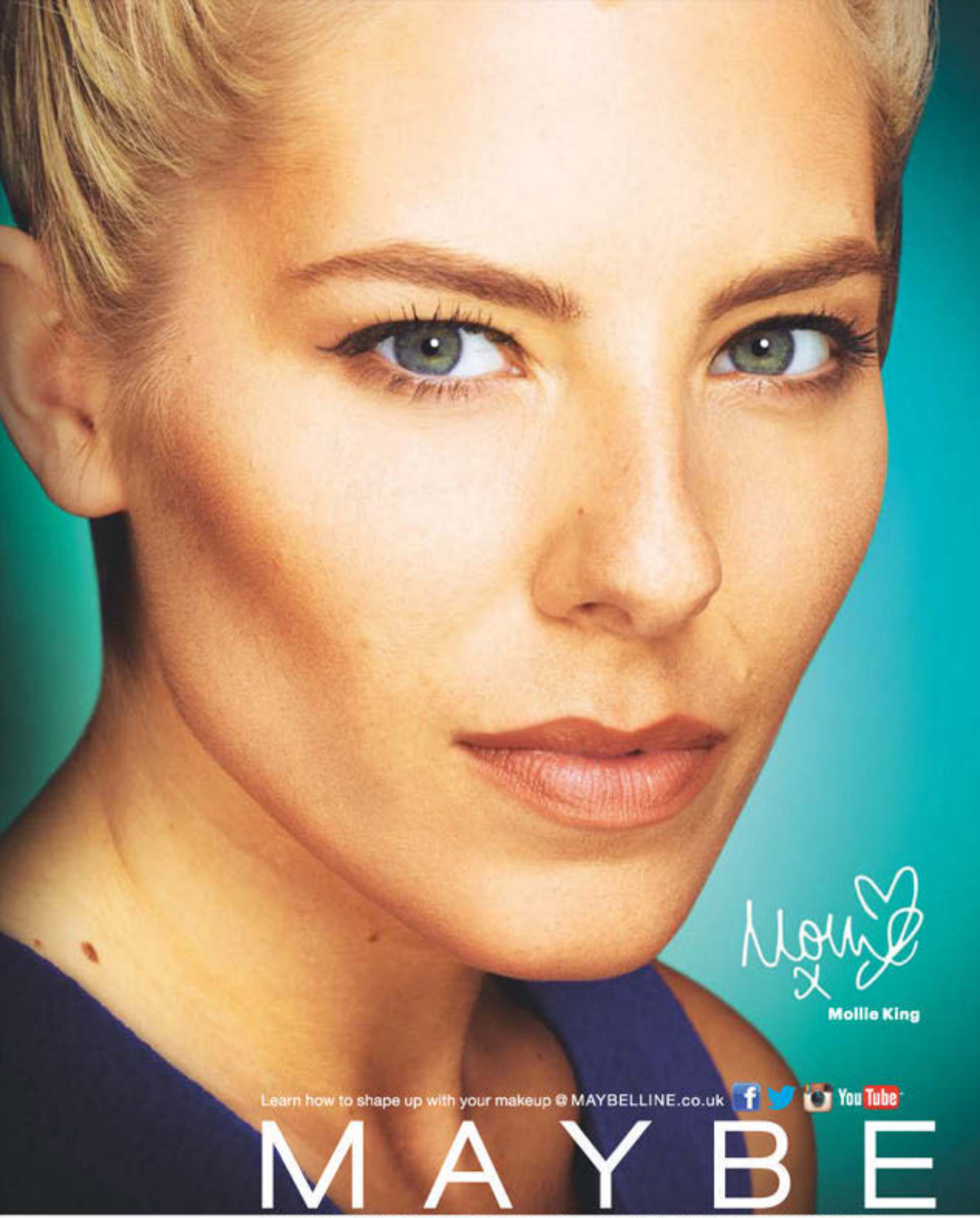


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HOW FESTIVALS BECAME THE FROW

From Coachella to Glastonbury, festival fashion has sent shop tills ringing and Instagram likes soaring. Forget about wellies and waterproofs – it's a catwalk out there, says **Katherine Ormerod**

Ten years ago, back in 2005, Kate Moss almost single-handedly launched the concept of festival fashion. Sure, style icons like Debbie Harry and Joni Mitchell had always brought their brand of rock and bohemian chic to the music fields, but it was Kate, with her fine-gauge mini dress and Hunters that made festival fashion a *thing*. With a daily show of cool outfits, tousled hair and chiselled cheekbones, she gave Glasto glamour. New muses, from Sienna Miller to Kate Bosworth, soon followed – as did we.

Over the next decade, festival fashion became serious business on the high street – from Kate's collaboration with Topshop in 2007, to Very offering next-day delivery for music lovers at V Festival's campsite in 2012, and Mac's festival make-up collection today. High-end brands are getting a piece of the festival fashion pie, too. This year, the world's most expensive festival (Coachella in California, where VIP passes top £600) inspired net-a-porter.com to launch an online 'Coachella Cool' hub full of designer items, including an Isabel Marant suede jacket and ▶


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TOMMY HILFIGER

1 **Beyoncé in Saint Laurent at Coachella;** 2 **Stevie Nicks on stage, 1983;** 3 **Kate Bosworth at Coachella in April, wearing the Coach Rivet Dakota bag;** 4 **Coachella's giant Papilio Merraculous butterfly;** 5 **Kate Moss at Glastonbury, 2005;** 6 **Joni Mitchell at the Isle of Wight Festival, 1970;** 7 **a Coachella reveller;** 8 **Jourdan Dunn with her Coach bag;** 9 **Alana Haim in Chloé;** 10 **Rosie Huntington-Whiteley;** Opposite **Alessandra Ambrosio and friends at Coachella**

◀ Mary Katrantzou embroidered mini dress. Just one of Beyoncé's Coachella outfits this year – a floral dress and suede waistcoat, both by Saint Laurent – totalled more than £5,000.

Indeed, 'festival' has become almost a fashion season in itself – where fields are the new runway, offering endless street-style moments. "People dress up to impress, and get photographed for Instagram and blogs," says Kelly Harrington, senior print designer for H&M. Posting photos and creating #festivalenvy across social media has made what we're wearing central to the experience. "Packing my festival suitcase feels like packing for Fashion Week," agrees Dutch blogger Linda Tol. "I'll take six outfits, three bikinis, three pairs of shoes and ten different pairs of sunglasses by brands like Balenciaga. I also grab a pair of suede boots and a pair of Céline wedges – which are impossible to wear, but you need to have options."

Of all the music festivals, it's Coachella that's now a bona fide fixture on the fashion calendar. Held in a desert polo club near Hollywood with a dreamy backdrop of swaying palm trees and killer sunsets, it's a place where music, trends and A-listers meet. This year, jewellery brand Pandora staged four catwalk shows; beauty boutique Sephora offered DIY make-up bars; H&M opened a pop-up shop and threw a pool



The all-white trend: Left **Alexa Chung in Chloé.** Below **A cool Coachella look**



"Packing my festival suitcase feels like packing for Fashion Week"

DEREK LAM

My festival diary

French-English blogger Camille Charrière is best known for her 'done, undone' approach to fashion and is continually snapped by street-style bloggers. Covering Coachella festival exclusively for GLAMOUR, here she reveals the inside track on desert festival cool…



My LA ride. After stocking up on boho brands like Reformation, For Love & Lemons and Free People, I'm heading to the desert.



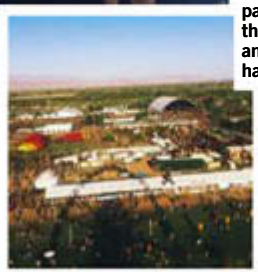
First party stop at Soho Desert House for the #CoachBackstage party. I'm wearing their Drifter bag and I'm very happy about it.



The chicest cocktail with one of the 'Festival Style' totes by Coach. I heart.



Paring it back in white, in a dress from Cheyann Benedict, shoes from H&M and a nude tote from Coach.



Made it to the festival! Vertigo views from the highest point of the iconic Ferris wheel.

@camtyox Read more on GLAMOUR.com and find Camille's Coach pieces at uk.coach.com

Photographs: Emily Knecht, Getty Images, Rex Features, Xposure, Jason Lloyd-Evans, Magnum Photos, Beyonce/Twitter, Alessandra Ambrosio/Twitter

party; while luxury label Coach launched a Festival Style collection *and* hosted a party at Soho Desert House with Daisy Lowe and Rosie Huntington-Whiteley on the guest list. "Coachella is now the unofficial kick-off to summer," says Stuart Vevers, creative director of Coach.

And it's no ordinary festival. "If a trend is seen at Coachella, then it's going to be big," explains Charlotte Pettican, buying director at Dorothy Perkins. Last year, overall dresses, pool-slide shoes and cold-shoulder tops all became huge hits after being spotted at the festival. This time around, crocheted bikinis, star-stitched Chelsea boots and sneakers, bold printed jersey kick flares, silk dungarees and a serious amount of suede fringing were trending in the field.

In some ways, this is all a far cry from music festival origins. In the days before selfie sticks, they were just a chance to find new bands and like-minded people with a cup of warm beer and a dodgy burger. Some of us remember going to festivals in band hoodies and army parkas accessorised by face paint, Gwen Stefani braids and maybe a pair of Courtney Love-style fairy wings. Yet summer's megatrend – 1970s – has always been around. "Boho has been off the fashion radar for a while, but it never went out of style at Coachella or Glastonbury," says Julia Neel, a contributor for WWD. "This season, however, the clothes will translate neatly back into real life when the tents have been packed up and the music's stopped playing."





SAINT LAURENT

That means we'll be seeing the stitched suede skirts, jackets and waistcoats, A-line denim dresses and crocheted vests all summer long.

"With the '70s comeback, it's all about Joni Mitchell's pared-down dresses, Stevie Nicks' floaty mixed prints and Jimi Hendrix's mix of leather, denim and piled-on scarves," says Kristal Hill, fashion director of Free People.

Whatever your style, there's a covetable festival look to be snapped up. "I think festival fashion represents an aspiration to a more relaxed lifestyle," says Hill. "Social media has changed the landscape. Festivals have become a place to be seen, but that collective consciousness for more peace and happiness is still there."

Perhaps the original festival spirit isn't dead – it just has a new hashtag.

FESTIVAL STYLE DOs & DON'Ts

Do

Be original. "Good festival fashion is not about blending into the crowd, but standing out," says Jacqui Markham, Topshop's global design director.

Embrace the faux-tattoo trend like Beyoncé. Hey, where else can you can get away with gold stars all over your body?

Think '70s. "Check out Chloé and Stella McCartney for denim inspiration, and Saint Laurent for a touch of rock'n'roll," says blogger Linda Tol of I Believe In Pink.

Add a statement piece. One-off vintage pieces help to create a more individual look. Try Asos Marketplace or Beyond Retro for original suede and fringed pieces, embroidered kimonos and vintage silk scarves.



Don't

Mess with your footwear. "A bad shoe choice can end your experience," says actress Zoë Kravitz (above). "I always bring a spare pair."

Put flowers in your hair – this year, it's all about the bandana. "Flower crowns have had their day," says model Zara Martin.

Be afraid to experiment. This is your moment to try a body chain and backless maxi dresses – just remember your own personal style barometer and have fun.

Four Festival Hits

How to wear this year's biggest trends



1

KICK FLARE
Made of stretch jersey and covered in '70s prints (tie-dye, daisies, celestial motifs), and worn low on the hips with a cropped top, the hippie kick flare is *the* look of festival 2015.



2

FRINGING
On bags, jackets, skirts or waistcoats (see Gigi Hadid, above), whether it's suede, leather or fabric tassels, anything's in as long as it's fringed.



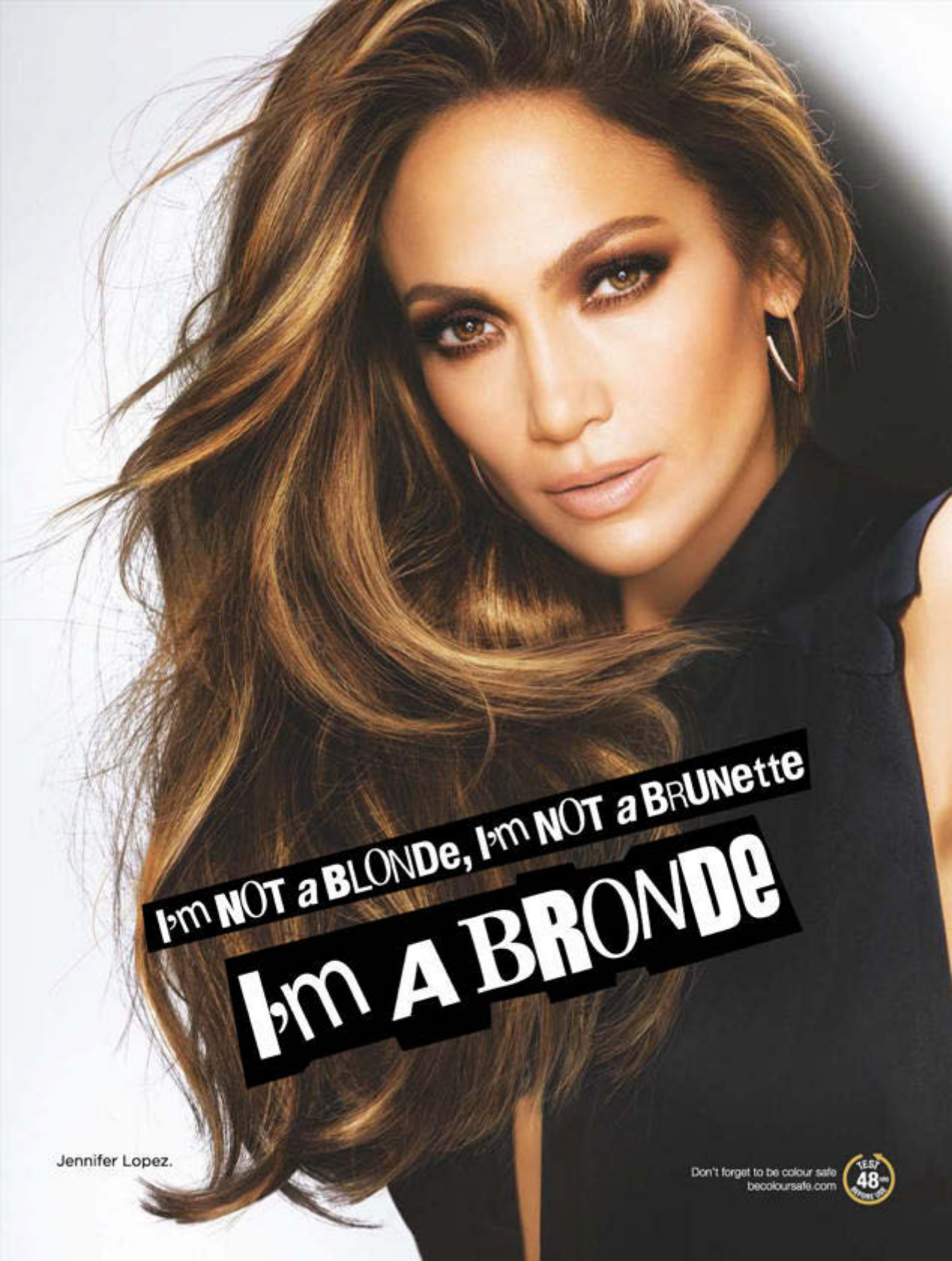
3

KNEE-HIGH GLADIATORS
Ditch the pool slides for knee-high straps. Perfect with either shorts or a feminine dress, KHGs will put you on the festival fast track.



4

WHITE OUT
While festival fashion usually lends itself to neon brights, this season the coolest girls, from Kate Bosworth to Alexa Chung, chose head-to-toe white.


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L'ORÉAL PARIS

“Why I kicked alcohol out of bed”



Anna Davies loved drinking. And she loved sex. But, like most love triangles, it got complicated – and she had to break up with one of them

On the surface, my sex life always seemed incredibly hot. Threesomes and exploration into the type of BDSM that would’ve made Ana Steele blush were common in both relationships and one-night stands. I proudly wrote about my bedroom adventures in magazines and newspapers, loving the sexually daring persona I’d created for myself. But I had a secret: I’d hardly ever had an orgasm. Actually, make that two secrets: nearly every time I’d had sex, regardless of whether or not I was coupled up, I’d been drunk. I knew the two were linked. In reality, my sexual encounters were often too fast, too overwhelming and too confusing. Deep down, I also knew that to have the satisfying sex I wanted – the OMFG kind I *told* everyone I was having – I needed to stop drinking.

The three relationships I had in my twenties started at the pub, and all evolved into splitting a bottle (or two) of wine most nights. When single, I’d often drink a bottle of wine in my flat before first dates. I loved the way my nerves disappeared, leaving me with only buzzy anticipation. Even after a man and I had passed the awkward getting-to-know-you stage, I would still arrive early to meet up for dinner, hoping I could have at least a glass of something before he arrived.

“What do you like more: drinking or sex?” one guy I’d started dating asked me once. We were in bed together on a Friday night. He’d had a late night at work and was sober; I’d gone for a few drinks with friends. Every time I pressed into him, he pulled

away. "I wanted to have sex tonight, but you're drunk," he sighed, before turning his back toward me. I was annoyed. Why did I have to choose? Alcohol made sex better. It took me out of my head and into my body, or so I thought. Yes, I rarely orgasmed, but I also never worried about unflattering angles or awkward noises. And it's not like I'm unusual – a recent survey found that 71% of people drink before having sex.

"There's a reason why everyone goes to a bar for a first date," says Emily, 30, a copywriter who barely remembers the last time she had sober sex. "Even with my boyfriend, it feels better for both of us when we're tipsy. We're more affectionate, and the sex feels way more exciting."

And it's true: alcohol can make us feel relaxed. "It hits the brain's prefrontal cortex, which controls inhibition," says Sharon Wilsnack, PhD, a professor of clinical neuroscience at the University of North Dakota. "And our research shows that women, especially, are vulnerable to the so-called aphrodisiac effects of alcohol."

I knew I was. My friends seemed to know instantly when they saw a man they fancied. But I always felt shy and self-conscious. If a guy showed signs he liked me, I felt I had to like him back. Alcohol washed away the 'Is he attractive?' question and made it possible for me to want to have sex with men I would never have been interested in sober. Plus, it allowed me to experiment with my sexual fantasies without feeling fully invested in them. I'd have been mortified asking a man to pin me to the bed – sober.

"I always felt shy. Alcohol allowed me to experiment with my sexual fantasies"

When I was 28, I had a bad break-up and ended up having a boozy sex-fuelled weekend shortly after, where I slept with three men in four days. A few days later, one of them texted me, saying: "I have to ask, what drugs were you on when we were together? I've never seen anyone like that before." That chilled me to the core – something had to change. I'd had plenty of sexual experience. What I wanted was love. And deep down, I knew I wouldn't find it if I didn't stop my pre-coital drinking. After all, despite over 50 sexual partners, I still felt so confused about my desires. What did I want? Who did I want?

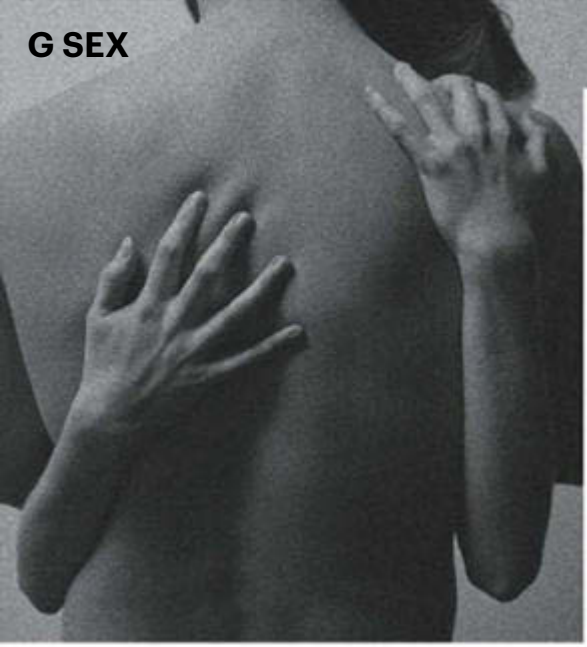
Turns out, the questions running through my mind are incredibly common. "Alcohol has become such an integral part of dating and sexuality, it can be hard for young women to work out how to handle sex without it," says Gabrielle Glaser, author of *Her Best-Kept Secret: Why Women Drink – And How They Can Regain Control*. "Our twenties and thirties are such an anxious time: 'What am I doing with my career? Will I settle down?' Drinking is a way to quieten that voice whenever it gets too loud, which it often does in dating situations. And it works… at least temporarily."

Sarah Hepola, author of *Blackout*, a memoir about her experience with alcohol, agrees that drinking helped quell the anxiety she had about relationships in her twenties. "When I gave up drinking, I thought, 'How will I ever have sex again?' To me, it seemed like dancing without music – naked," she says. "I felt I needed alcohol to help me ask for what I wanted, but I drank so much, I didn't know what I wanted. It was very confusing."

As for me, I began seeing a therapist around the same time I began dating a guy, who was willing to take things slowly. About a month after we met, we went back to his flat after a date spent walking through the park and drinking coffee. At first, I was nervous about how to navigate sex without Dutch courage. Did I undo his belt? Could I guide his hand to my waistband? Even when we got naked, I was embarrassed by how loud my sighs sounded as he touched me. After all, I hadn't had sober sex for six years, since I was 22.

I'll be honest. That first encounter wasn't earth shattering. But remembering it all the next day, and not cringing, made me intrigued enough to try again. The next time, I was less anxious and more in tune with how I felt. After so many years of numbing my ▶





◀ sensations, it felt so intense. We'd be in bed for hours, him patiently touching me 'til I climaxed. He was also up for experimentation, so we tried handcuffs, toys and BDSM. Some worked. Some didn't. But nothing led to the waves of regret I'd felt in the past.

That relationship didn't last, but my commitment to sober sex did. It wasn't easy. I didn't know where I'd go on dates if bars weren't an option. Or how I'd break the ice without wine. At times, I felt alone. Friends didn't get why I couldn't just cut back, but I knew that even one drink would lead me to men I never wanted to date in the first place. After a few months, I set up an online dating profile, ticking *never* when it asked whether I drank.

In therapy, I learned that one of the reasons I drank so much before sex was because I was terrified of rejection. The first time it happened sober (a man turned down my suggestion that we go to dinner after coffee), I was hurt. But it didn't destroy me. Most importantly, the more sober sex I had, the more I learned what felt good. For so long, I thought I needed alcohol to have adventures – that without it, I'd be boring and ordinary. It gave me an excuse to be wild without taking responsibility: it wasn't me that wanted to be tied up… it was the sixth cocktail. But, actually, I do like the adventurous sex I'd been having drunk – and I *can* have it sober. Once I could admit that, I felt free to seek it out. It was such a relief: I could have the sex I wanted, without the headache and regret.

Now, four years later, at 32, I'm committed to staying sober in sexual encounters — even one-night stands. I have far fewer than I did in my drinking days, but the ones I do have are way more satisfying. For example, I had a sober threesome with two friends, after a sprawling afternoon conversation made it clear it was something we were all curious about. In some ways, it seemed bizarre, but was it really more unusual than waking up next to a total stranger? Between positions, we laughed and chatted, and I loved knowing we were all fuelled by desire, not shots. I was sober enough to call a taxi home, and the next morning, I went for a run. I felt sexy, free and in control – a far cry from how I felt after similar experiences under the influence of alcohol.

"I could have the sex I wanted, without the headache and regret"

I wish I could say that after I gave up drinking, I fell in love and was having kinky, sober, orgasm-fuelled sex every night of the week. But that isn't the case. First dates can be awkward. More often than not, inviting a newish guy back to mine ends with kissing on the couch before chastely saying goodnight. But when the chemistry is right and the clothes do come off, the sex is boundary pushing, intense – the type that makes me blush the next day and try to top it the next night. And the best part is that I actually remember it.

HOW TO ENJOY SEX WITHOUT ALCOHOL

Set the scene

It's not so much the glass of wine as the ritual of unwinding together that signals to your brain you're ready to have sex, says sex educator Emily Morse. "Try an alternative pre-sex routine: maybe it's a shower together, a massage, or send sexts during the day to get you both in the mood."

Add some adrenaline

"Part of the reason tipsy hook-ups can be so hot is because they feel naughty and forbidden," says Morse. Ramp up the adrenaline by having sex with the windows open, or wearing a bullet vibrator out in public, with your partner in charge of the controls.

Stop focusing on the finish line

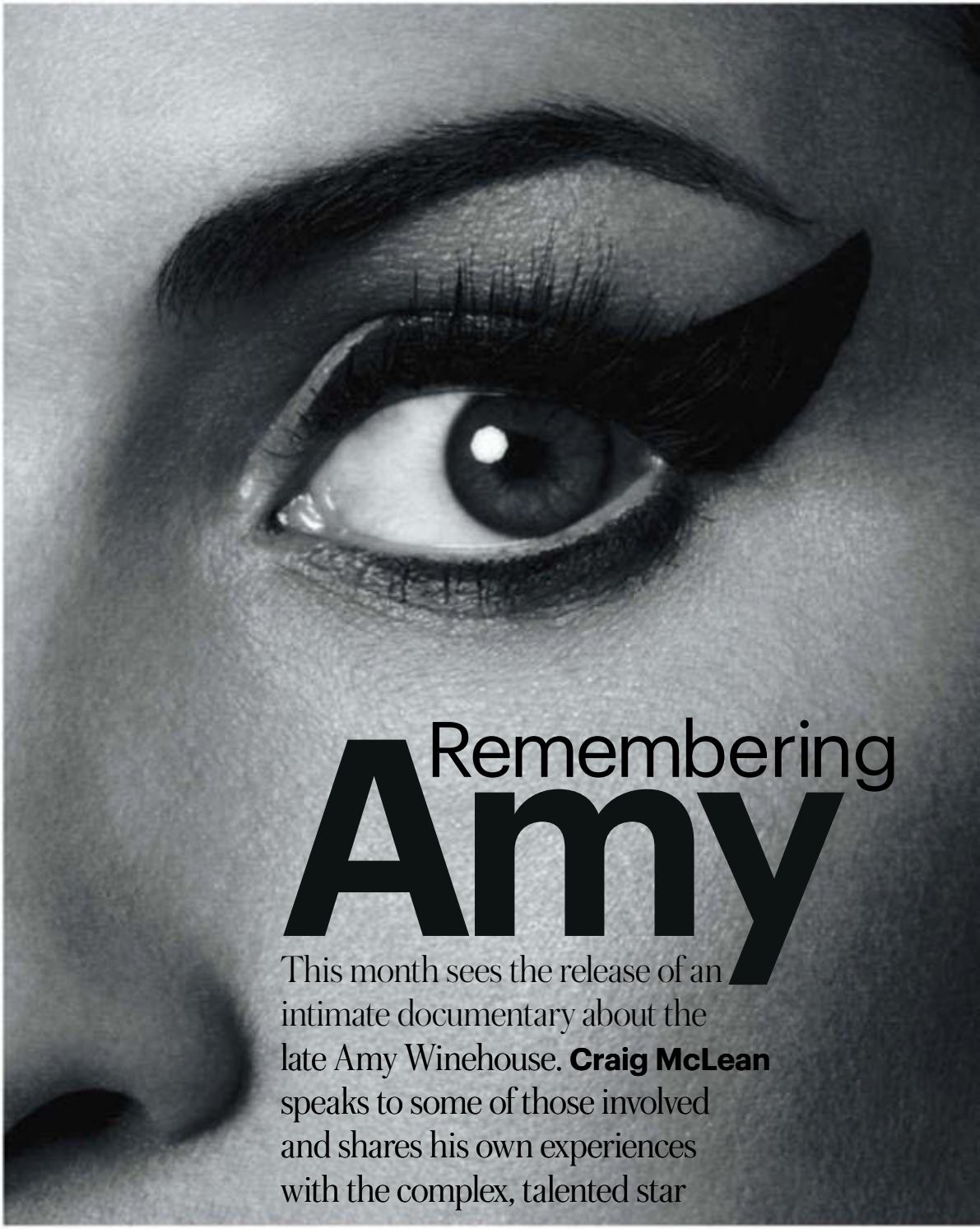
A slow-burn build-up can be incredibly hot, says Morse. Have him play with your nipples as you're watching television, or spend an entire Saturday morning naked in bed together, just to see where your desire takes you. Without intercourse being the main focus, you're more likely to follow your instincts.

Basic is better

Keeping a sober one-night stand simple makes it more likely to be a night you'll want to remember. Ditch the toys or handcuffs (at least at first!) and focus on what *feels* good. Kiss in only your underwear for as long as you can stand, or ask them to spend more time teasing you. G

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Remembering Amy

This month sees the release of an intimate documentary about the late Amy Winehouse. **Craig McLean** speaks to some of those involved and shares his own experiences with the complex, talented star

Nick Shymansky is recounting his favourite Amy Winehouse memory. The music manager, who discovered the then-16-year-old singer/songwriter in 1999 (when he himself was just 19), remembers the pair being in New York together in 2002. Amy had just received her first big cheque, from a song publishing company.

"She had this epiphany," he recalls, "that she could buy whatever music she wanted. This was before Spotify and YouTube, so we both got a shopping trolley, and we went round the record store. It was like being with Charlie in the Chocolate Factory!" he laughs. "To see her realise she could have all the records she wanted – it was a very happy moment."

Amy heaped the trolley with records by her jazz idols, Ella Fitzgerald, Billie Holiday, Etta James. "Then," Shymansky adds with a chuckle, "we got to the airport and realised the customs charges we'd have to pay to bring back about 600 or 700 CDs! But that's my best, most personal moment. I saw Amy at her happiest."

And his worst memory? His voice quietens. "Getting that call. Hearing that the end had reached us. That was the start of an even darker period for me."

Amy Winehouse died on July 23, 2011, from alcohol poisoning. She was only 27. In 2006's *Back To Black*, she had created a British soul/jazz/pop landmark – an album that won her a Brit Award and five Grammys, and that would sell a staggering 20 million copies – but she was also the vulnerable woman who had married (and divorced) convicted criminal Blake Fielder-Civil, and followed him into the netherworld of heroin abuse.

The latter has become the popular portrait of the late star, and it's that narrative that acclaimed film-maker Asif Kapadia has sought to recalibrate in his gripping, moving and revealing new documentary. Titled simply *Amy*, it's the follow-up to his award-winning *Senna* (a biopic of the late, great Grand Prix driver Ayrton Senna). The director has interviewed hundreds of Amy's friends, family and associates, including Shymansky. And, like her former manager, he wants to tell a more complete story about the "tragic" singer.

"A lot of horrible stuff was said about her," Kapadia says. "She was a young woman being presented in the press as pathetic. It was painful to see. She was just a kid, making mistakes that we all might have made at that age – but it was happening in the gaze of the public eye."

The real Amy was readily apparent to those close to her. These days, Annabel Williams is a vocal coach on *The X Factor* and *Britain's Got Talent*, but 15 years ago, she met Amy as a fellow teenage singing hopeful at the National Youth Jazz Orchestra. She remembers a 16 year old who was "quite quiet, very guarded – probably quite shy, actually. There were no tattoos, no piercings. She was just a normal, cute-looking girl." Annabel recalls feeling that the girl three years her junior wasn't really engaged with the group's lessons in singing jazz standards. "But once she sang with the NYJO big band, she totally nailed it. I thought, 'Oh my God, this is ridiculous!' Those songs were really hard, and she was doing it all by ear. There was this golden old sound coming from this young girl. I remember wondering: 'How on earth has she got this voice?'"

It wasn't long before record companies were interested. But Amy refused to be dazzled. "Amy knew exactly what she wanted; she was very, very forthright. She had 100% drive and ambition. It was brilliant," says Annabel.

"Amy had never imagined – or prepared herself for – the success her second album brought with it"

I have my own memories of Amy. Around the time of her debut album, *Frank*, in 2003, I saw her perform for the first time at the Jazz Café in Camden, the neighbourhood in which she would later party hard and, eventually, die. She was an ordinary north London Jewish girl with an extraordinary voice. I saw her sing for the last time at Scotland's T In The Park festival in 2008. A stick-thin shadow of her former self, she seemed barely able to make it to the stage unaided. In between, there were lots of brilliant shows and fantastic songs from a woman who never imagined – or prepared herself for – the success that her second album brought with it.

One morning in early 2007, I found myself sitting knee-to-knee with her in a hot, poky cupboard. Clumps of black hair extensions drifted through the air and gathered on her legs while a blow-dryer whirred in the background.

"I'm really paranoid about people seeing me without my hair in," the singer told me as she ▶

◀ gazed in a mirror at her newly applied, Cleopatra-like eye make-up. She was sucking noisily on a bucket-sized berry smoothie. "I'm gonna have red poo," she added casually.

Me and Ms Winehouse were crammed into a tiny dressing room in the London TV Studios on the banks of the Thames. Also present: her then-boyfriend (chef and soon-to-be-singer Alex Clare, who Amy dated after her first break-up with Blake), and a hair and make-up duo.

Someone in the singer's team had had the bright idea of booking her on a morning TV show. But at that point in her professional and personal life – the high of the success of *Back To Black*; the different highs generated by her much-publicised drug and alcohol addictions – it had become very clear that Amy Winehouse was, to say the least, not a morning person.

The previous day, I'd turned up at the TV studios for our scheduled interview at milkman o'clock. But Amy was a no-show. The morning's papers professed to know what had happened: an abortive appearance at central London club G-A-Y 24 hours earlier, where she clambered onstage around 1am, wobbled through a song, looked a bit ashen, gulped a few times, then

> "That became my mission – to show the world that this woman was amazing"

dashed offstage and vomited in the wings. The tabloids said that Winehouse had been out drinking all day with 'gal pal' Kelly Osbourne. That she'd been too drunk to stand up. That her being sick onstage was but the latest outrage from the punchy, mouthy, boozy soul singer.

Not so, she insisted to me, when we met at the second attempt. She'd had a stomach bug after flying in from Miami the same day. Whatever the truth, the woman I met had blazed a trail through British pop music and was funny, candid and whipsmart. I'd previously met Mark Ronson in the New York studio where he'd produced *Back To Black*, and he'd told me what a naturally gifted writer she was. As he says in *Amy*, "She would tell me stories about Blake and this tempestuous, extreme relationship. That first day, she wrote [the song] *Back To Black*, all the lyrics and the melody in two or three hours."

That winter morning, she and I talked about the inspiration behind the other songs on *Back To Black* – the horror of discovering that your last bit of weed's been smoked by your roommate's boyfriend (as recounted in *Addicted*), or falling out with a friend because they couldn't get you tickets to a show by rapper Slick Rick, as swearily relayed in *Me And Mr Jones (Fuckery)*.

And there are the pressures recounted in her tell-it-like-it-is No1 smash, *Rehab*. "Mark and I were walking from the pool room to the studio," she said to me in her broad north London accent, "and I just sang the hook out of nowhere – 'They tried to make me go to rehab, I said no, no, no' – just as a random thing. I write pretty much how I would say things. It's not necessarily all drama, but there's no point writing songs like, 'Got up, washed my socks, folded them, good morning…'"

But the drama wouldn't go away. It wouldn't be long before she was back with Blake, and it was after they got married in May 2007 that the wheels, already wobbly, fell off completely. But the horrible and untimely manner of Winehouse's demise should not obscure the uniqueness of her talent. Amid the tabloids' almost gleeful reporting of her downfall, what remained was that unforgettable voice.

"That's probably the biggest aim," agrees Asif Kapadia. "That became my mission – to show the world that this woman was amazing. Yeah, she made some bad decisions; or bad decisions were made by others. But most people have never seen who she really was."

Nick Shymansky is equally impassioned. "I meet people socially and it'll come up that I used to work with Amy Winehouse. And you won't believe how free people feel to say, 'Oh, what a fucking junkie.'" This, he admits, is the main reason he chose to be involved in the film. "A lot of people see Amy as someone who was a fuck-up. Actually, she wasn't. She was a brilliant person. She was very talented, as everyone knows, but she was also a very special, lovely, loving, funny, clever person." G

Amy is in cinemas from July 3



From top **Amy performing at Camden's Jazz Café, 2003; on stage with Mark Ronson at the Brit Awards in 2008; with mum Janis after her Grammy wins in 2008**

Photographs: Getty Images, Rex Features; Jason Bell/Camera Press

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THIRD PLACE? YES!



Tom Daley and the other Team GB divers celebrate his bronze medal win at the 2012 Olympics

If winning bronze can make you *this* happy, why are we so hung up on perfection? From work to relationships to Facebook FOMO, it's time to stop chasing "gold", says **Anna Hart**

One Friday evening, my partner, Sean, and I were having a rare night in on the sofa. As he threw a pizza in the oven, I began flicking through Instagram and Facebook. My feed flooded with images of friends clinking glasses at a bar in NYC, workmates hosting dinner parties at their gorgeous homes and smug snaps by a mate in Oz who'd just been for an early yoga session on the beach. By the time Sean served up our slices, I'd clicked into a state of FOMO, wondering why I wasn't out for a run, celebrating the publication of my first novel or living it up at a festival. "Why am I just sitting here on the sofa?" I asked. Sean looked crestfallen. "Don't you want to be here?" he replied. And I realised that, yes, I did. Why was I obsessing about things I didn't even want? A pepperoni and Netflix binge with Sean was *exactly* where I wanted to be.

I've always had perfectionist tendencies. As a teenager, I wanted to be everyone's best friend, the best student in class, and if not the best-looking girl in the room, at least in the top five. During my twenties, my focus shifted to the workplace. I'd beat myself up when my work wasn't quite as good as I felt it could be. I did the same with men. I wanted relationships to be as sexy as a perfume ad and if we weren't having nightly bonding conversations, I'd wonder if it was all over.

According to psychologist Barry Schwartz, author of *The Paradox Of Choice: Why Less Is More*, we've been schooled to feel disgruntled with anything but the best. "Everything about modern Western life encourages a pursuit of the best," he says. "Each time a company brings out a new product, they try to convince you it's way better than the old one, which you should now chuck out. This notion of 'best' so suffuses the culture that you look like a shirker if you go through life trying to live a good-enough life."

And he's right. Some of us *are* guilty of scoffing at the idea of 'fine'. "For years, I envied my best friend's massive townhouse and convinced myself I couldn't be happy until I had a house like hers," says Bethany Toogood, 28, a physiotherapist. "Then one day my friend announced, 'I wish we'd chosen a flat like yours.' A huge mortgage and sky-high maintenance costs were crippling them. She said they had got caught up in a 'dream home' mentality – only now they can't afford holidays or nights out like I can. She made me realise splurging to make one part of your life 'perfect' inevitably makes other parts of your life less so."

To listen to contestants on *The X Factor* or *The Apprentice*, or read any of the self-help bestsellers of the past two decades, you'd believe 'wanting it' and 'having passion' automatically qualifies you for success. But what about happiness? Anna Ryan, 31, an advertising creative, had coveted her supervisor's role for ages, until she filled in during her maternity leave. "My stress levels soared, I missed direct contact with clients, and felt less fulfilled, despite the senior role. Now I'm back on my lower salary and mid-ranking position, but so much happier – it's a better match for my personality and skills. When another management role came up, everyone assumed I'd jump at it, but I love my current job and that's good enough for me."

Yes, Anna's mindset flies in the face of everything we've been taught about success. Being happy with 'good enough' sounds suspiciously like complacency, laziness or 'settling'. After all, we grew up being praised for our achievements at school, in our manners, in our appearance. Naturally, we adopted what psychologist Brené Brown, author of *The Gifts Of Imperfection*, calls a "dangerous, debilitating belief system: I *am* what I accomplish, and how well I accomplish it."

Because perfectionism doesn't work. It doesn't make us perfect. It makes us miserable, mainly because high standards have a high price. "In fact, it's often the path to depression, anxiety, addiction and life paralysis," says Brown. Ironically, it probably harms us professionally, rather than spurring us on. "The higher your standards for yourself, the more competitive you'll be with co-workers, focusing on minute details, defensive in the face of criticism and dismissive of praise," points out Jo Usmar, co-author of *This Book Will Make You Confident*. And,

"Perfectionism doesn't make us perfect; it makes us miserable. High standards have a high price"

instead of making us better friends, daughters and colleagues, it makes us tough to be around. "Lack of contentment has serious repercussions for your relationships," she adds. "A perfectionist will zoom in on the 1% that's not right, instead of the 99% that is."

When you see perfectionism for what it really is – a deep-seated fear of criticism – how do you kick the habit and embrace the middle ground? Schwartz says there's a crucial difference between shooting for perfection, realising you can't achieve it, yet still being satisfied with your accomplishments – and shooting for perfection, thinking you should achieve it, and thereby living a life of perpetual disappointment.

This is something Emmy Reynolds, 28, a chef from London, recently discovered. She set herself the goal of running the Kingston half-marathon in under two hours, then flu scuppered her training schedule. "I was stressed and fed up, until a friend suggested I consider Kingston a 'practice run' for the Hackney half-marathon later that summer, and aim for a decent 'average' time. When I reframed this in my mind, my stress evaporated, I hit my good – not great – target, and was thrilled with the result, knowing I hadn't set the bar too high. Now, I've learned ▶

◀ that when I tell myself to do an 'OK job' of something, whether a race, or at work, I'm relaxed and more likely to ace it. But if I don't, I won't beat myself up about it. Sometimes giving something, say, 70% is all it takes to be satisfied."

For me, the key was getting comfy with not being the best. Trying new things that I'm not good at – seriously, I've done everything from powerboat driving to dressmaking – has helped me flex my failure muscles and learn to laugh at myself for not being immediately (or ever) brilliant at it.

And the more I embrace good enough, the more I see it as the mentality of life's winners, not losers. It's about liberation from stressing over unimportant decisions. It's about placing a high value on your time and energy and refusing to pour this into the impossible task of achieving perfection.

Because Brown, Usmar and Schwartz all agree that the biggest peril of perfectionism is that your standards are so high, you don't try at all, for fear of disappointment. But you can't be a winner if you talk yourself out of even being a contender. In the words of Woody Allen, "80% of success is just showing up". It's not about instant excellence, but persistence. The people you cherish the most aren't the most perfect ones, but the people who have consistently been there for you. You don't need to be a perfect friend, a perfect girlfriend, a perfect employee – being happy with good enough starts with showing up.

How to be a **SATISFICER**

Barry Schwartz believes the world is divided into 'satisficers', who choose good enough, and 'maximisers', who always aim for the best possible option. Here's how to stop sweating the small stuff:

1 Piggyback on other people's decisions. Don't spend weeks researching which laptop to buy. Instead, ask a maximiser mate which one *they* bought, and buy that. They've done the hard work for you, and making a 'good enough' choice saves you weeks of deliberation.

2 Set decision deadlines. Five minutes to choose lunch, a weekend to plan and book a holiday. Yes, you might occasionally make a not-quite-perfect decision, but think of the time and stress you're saving.

3 Replace rumination with gratitude. If you catch yourself retrospectively wondering whether you went to the right party or chose the right job, stop and list three things about that party or job that you're grateful for. You can't be stressed about a decision when you're feeling thankful for it.

If it's **good enough** for them...



Jessica Ennis-Hill
"On a scale of one to ten, I'd rate my body confidence as a good seven. Everyone has their hang-ups, but I see my body as a training tool and feel good about it."

Anne Hathaway
"I gave up my struggle with perfection a long time ago. That is a concept I don't find very interesting any more. Be happy. Be yourself. The day is about a lot more."

Debra Messing
"When you're passionate about something, you want it to be all it can be. But I fundamentally believe the key to happiness is letting go of that idea of perfection."

JK Rowling
"Failure is so important. We speak about success all the time. It is the ability to resist failure or use failure that often leads to greater success. I've met people who don't want to try, for fear of failing." G

Photographs: Reuters, Rex Features, Wenn, I-Images



Cara Delevingne, Ellie Goulding and Rita Ora having an *awful* time at the GLAMOUR Women of the Year Awards



Paloma Faith and Jameela Jamil strike a pose at last year's event

IT'S AN EXCLUSIVE!

An exclusive drink for an exclusive event, say hello to the Mademoiselle Cointreau

Yes, it's that time of year again, when we toast some serious girl power at GLAMOUR's Women of the Year Awards (cue squeals of excitement!). Picture wall-to-wall A-listers, glittering dresses, selfies, speeches and, naturally, plenty of delicious cocktails. To celebrate, the lovely people at Cointreau have designed us our very own signature drink. Say hello to GLAMOUR's exclusive Mademoiselle Cointreau! Developed by the team **at legendary Mayfair restaurant** Quaglino's, it pairs the iconic taste of Cointreau and rum alongside zesty lemongrass and ginger, making this little beauty the perfect serve for our VIPs on the night. And if you want to get in on the action, visit Quaglino's to taste the Mademoiselle Cointreau, which will make its debut at this year's Women of the Year Awards. But it will be served for a limited time only, so make sure you get there soon and enjoy!



THE MADEMOISELLE COINTREAU

MAKE YOUR OWN MADEMOISELLE COINTREAU

Ingredients

- *40ml Cointreau*
- *20ml dark rum*
- *10ml lemon juice*
- *10ml lemongrass and ginger cordial*
- *20ml passion fruit puree*
- *15ml salted caramel green tea*

How to Place all ingredients in a Boston cocktail shaker, give it a good shake and strain into a glass. Top with a foam of salty caramel green tea and a sprinkle of dehydrated orange peel. Ta-da!

COINTREAU



Vanessa, Molly and Rochelle from The Saturdays add some girl band glamour



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Photographs: Darren Gerrish, Nick Harvey. None of the celebrities featured here endorse this product. Cointreau is available at all good off licences and supermarkets nationwide. Please enjoy responsibly.







Single VS Which is better?

No, it's not a trick question – because our relationship status affects everything in our lives, from health and happiness to career and money. **Bridget Harrison** breaks it down

Ah, I remember it well, the summer I was 30 – and single. Almost every weekend, I'd find myself at a wedding, the last girl on the dancefloor, as my friends all rushed into coupledom. I was about to move to New York, so exciting times lay ahead. But with no man in sight, I still felt a bit of a failure. So, are we better off in a relationship? It's worth asking, because more British women are single than ever before. According to the Office Of National Statistics, 43% of women aged 18-49 are not married, and a woman aged 25-44 is five times more likely to be living alone than she was in 1973. Does this make us a nation of lonely Bridget Joneses? Or is it proof that we've stopped thinking our happiness and prosperity depend on a partner? Here's how the evidence stacks up.





attached

Happiness

There is evidence to suggest that being in a relationship does still make women feel better about themselves. A survey of 5,000 people by Relate and YouGov found that 81% of people who are married or living together feel good about themselves, compared to 69% who are single.

However, the relationship has to be a good one, stresses Barbara Bloomfield, who co-authored the Relate report *The Way We Are Now*. "Single people actually feel better about themselves than those in average relationships."

For those singles who don't feel good about themselves, loneliness is likely to play a part. A study by the Mental Health Foundation found that 54% of people between the age of 18 and 34 have felt depressed because they feel alone. One in ten told Relate researchers they felt they didn't even have a friend to turn to.

Bloomfield speculates that single women may also be affected by a negative stigma. "There's still an assumption that people are single because they are unable to form relationships, which is outdated."

Yet attitudes are changing, says Hannah Betts, 44, a columnist who often writes about her single life. She says many single women today have made "an active and entirely positive choice" to remain uncoupled. "Singleness is social, sexually active and incredibly satisfying. I was at a party recently and a friend was having to justify herself for getting engaged. Her friends were aghast. One of them said it was an act of self-betrayal to make herself dependant on a man."

> "Single people feel better about themselves than those in average relationships"

OK, maybe not the most supportive reaction, but it's an interesting shift in attitude. ▶





Life satisfaction

The rise of the happily single woman is backed up by research that indicates the better your career, the more likely you are to stay single. The Michigan Research Centre found that women with higher earnings are less likely to get married. The researchers suggested that a woman's career success increases life satisfaction, and with relatively high wages, she's less likely to be anxious to get coupled up.

This would include my friend Amanda, 36, a curator at a leading London art gallery. She has little time to worry about a boyfriend. "Of course, if the right man came along I'd be delighted, but I have so many rewarding aspects of my life – from great friends and a close family, to work and travel – that I am very happy without one."

Indeed, women from the UK and US represent the fastest-growing segment of the travel market, in both leisure and work. The boutique hotel chain Small Luxury Hotels Of The World has seen a 53% increase in single room bookings by women in recent years.

Paula Froelich, editor-in-chief of Yahoo Travel, says that more single women are travelling alone than ever before. "Technology means women feel safer and more connected, low-cost deals mean lower earners can get away and, frankly, it's a fantastic way to feel good about yourself."

"More single women are travelling alone than ever before"



Prosperity

Even as single women thrive, evidence suggests that being part of a couple is more financially beneficial in the long term. Treasury figures show that, on average, couples with two children have more than twice the household income of single people in every pay category. For example, for middle-income earners, a single person's household income is £21,000, compared to £50,900 for a couple with two children. Interestingly, couples without children do not earn as much as those who do. As you might expect, Treasury figures also show that the mean household income of a single parent (£77, 700 in the top bracket and £26,300 in the middle) is less than that of couples with children, even if in some cases only one parent works.

Susanna Abse, chief executive of the Tavistock Centre for Couple Relationships, says partnerships and prosperity are linked because a secure relationship helps you to collaborate. "There's a sense that we are doing this for 'us' or 'for the family'. But if you are single or worried about your relationship, you might be less likely to make changes, take risks or take on work that requires extra support from your partner. In circumstances like this, a career can stall."

Achieving your goals

A happy relationship not only provides stability, but self-efficacy, which is the belief that you will achieve a goal, says motivational psychologist Amanda Owens of Believe Consulting. "Put simply, you'll achieve more if you have a partner who believes in you."

Jessica Ennis-Hill, Victoria Pendleton and Andy Murray have all attributed their success to a supportive partner. But it doesn't just apply to elite athletes. Jess Harvey, 27, a graphic designer, says getting together with Dan, her boyfriend of three years, gave her the self-belief to get fit and enter London's Royal Parks Half Marathon last year. "I'm asthmatic, so I'd always been afraid of big sporty challenges. But Dan's encouragement gave me the confidence to try new things – and to push myself further."

Obviously, finding a partner does not guarantee fitness. Marriage also appears to induce a reluctance to go to the gym. A Department of Health poll found that 82% of adults fail to do the recommended 150 minutes of physical activity a week – and 63% of them are married women.

Travel market research by CAP Strategic Research. Photographs: Olivia Graham, Colleen Rentmeester, Arthur Elgort, Pamela Hanson, Chris Craymer/Trunk Archive



Sexual fulfilment

So, what about sex? A 2010 Kinsey report found that among women aged 30-39, 12% of those who were single had sex a few times a month, compared to 50% of married women. But how good is that sex? A Relate survey this year found that couples who have been together for more than five years are less satisfied with their sex lives than people who have been together for less than five years.

Sexologist Uta Demontis says the problem for couples who have been together a long time is that the initial spark of attraction, fuelled by testosterone, is replaced by the more 'cosy' hormone oxytocin. "Couples can lose their spark, get bored and complacent."

> "Good sex is about feeling safe, understood and able to be yourself"

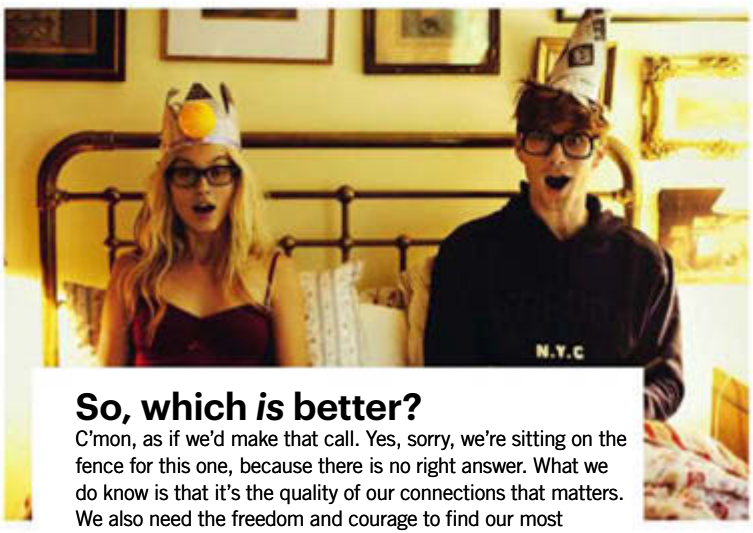
On a positive note, Spanish researchers who looked at 197 studies on sexual satisfaction found that married women do report higher levels of satisfaction than singles. It also found that women who had high self-esteem and a confident body image reported high levels of sexual satisfaction, whether they were single or not.

"Good sex is about feeling safe, understood and able to be yourself," says Demontis. "This tends to be easier to achieve in a relationship."

Health

People in good relationships are healthier in the long term. Oxford University looked at 730,000 women aged 60 and found that married women were 28% less likely to die from heart disease. Another study found that married women had a 16% greater chance than single people of surviving cancer. Why? A watchful partner can help catch the disease early – and make sure their loved one gets treatment, and sticks with it.

That said, a bad relationship is worse for your health than a good one is beneficial, according to the *Journal Of Health And Social Behaviour*. Most importantly, scientists are finding that anyone with good social relationships – married or not – is likely to live longer. Strong emotional support – be it from a partner, family or friends – can boost your health as much as (or more than) exercise, diet or quitting smoking and drinking, say researchers in the medical journal *PLOS Medicine*.



So, which *is* better?

C'mon, as if we'd make that call. Yes, sorry, we're sitting on the fence for this one, because there is no right answer. What we do know is that it's the quality of our connections that matters. We also need the freedom and courage to find our most authentic selves, says Bella DePaulo, a Harvard-trained social psychologist who's devoted her career to analysing data that compares the wellbeing of singles and couples. "Lots of people like to put everyone in the same box. They say, 'Oh, you should get married – you'll be better off.' But some of us *are* better off single, and there's plenty of research to show that single people can have just as good support networks as couples – if not better. Ultimately, it's about having the life that suits you, and it's not the same formula for everyone." Which might be worth remembering if you're the last single girl on the dancefloor at a wedding this summer. Be proud. Live life your way. G


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Photograph by Bruce Anderson

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What happens when a normal guy does **THIS?**

Clue: it involves a bucket of fake tan, some 'intimate' grooming and serious cojones (literally). Magic Mike? He doesn't know the half of it, says GLAMOUR's honorary Dreamboy, **Luke Chilton**



"Oh God, I hope my mates don't see this (oh, wait, I'm in a national magazine...)"

Here I am, pacing the toilets of the For Your Eyes Only club in London. I hear the crowd cheering. I look in the mirror and a half-naked cowboy stares back. I'm about to go onstage and rip off my trousers in front of 200 women. Yeah, no longer breathing normally.

Since the 2012 hit movie *Magic Mike*, male stripping has exploded. The Dreamboys, Britain's leading agency, has seen a 113% rise in attendance since 2012. And with *Magic Mike XXL* out next month, demand is only set to boom. As a single guy who's spent the odd drunken stag night gawping at pole dancers, I'm here to find out what it's like on the other side of the stage. Could I cut it during a mostly naked week of waxing, oiling, protein *and* booty-shaking? Gulp. Let's see.

Training day

"There are three things you need to be a Dreamboy," their manager, David, tells me. "The body, the moves and the face. We're like One Direction for adults." OK, that's a tall order. I dance like a drunk giraffe and feel self-conscious in shorts. But I've got a week to learn a routine and perform it with the boys to a crowd of paying customers. First, I need to get Dreamboy buff. David gives me their training plan, which includes daily weight-lifting and cardio, plus big plates of meat and carbs. Day one is all about building up protein and my upper body. By 3pm, I'm bloated from protein shakes and six bananas, and still haven't hit the gym. But after half an hour of 'incline dumbbell flyes' (nope, me neither), I sneak off to the sauna. My excuse? – David's got me into the open auditions tomorrow, so I need to be relaxed. ▶

Photographs by **Michael Leckie**

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Auditions Arriving at the studio, I join the queue of would-be Magic Mikes. Inside, choreographer Kendrick launches us straight into a fast-paced routine, scolding anyone who can't keep up. "This isn't a dance class. If all you can do is dance, all you're gonna hear is the floorboards creak. Sell the sex, then you'll hear the screams." This requires extreme cockiness in all senses of the word. There are bonus points for posing, crotch-grabbing and general self-loving. Halfway through, I'm practically having sex with the mirrored walls. After two exhausting hours, over 20 guys are whittled down to just four. Including me. I'm officially a Dreamboy.





"I'm sweating buckets after five minutes of hip thrusts and a move that looks like I'm humping the floor"



"Standing in a paper thong being covered in Fake Bake, I begin to lose my inhibitions"



"There are fireman uniforms, cowboy hats, aviators… and trousers with Velcro sides so they can be ripped off"

Meet and greet After the obligatory stripper spray-tan, I'm off to meet the crew: six dancers plus two very well-endowed 'speciality acts', JJ and George, who perform the 'Full Monty'. George's routine involves something called the spinning 'willy-copter', while JJ hits the stage with only a flag and his, ahem, pole. The thought of baring all terrifies me, but luckily (for me *and* the audience), my modesty will be covered by pants.

Most Dreamboys are models or trainers, but some, like George, have regular day jobs: "I'm a builder, but I can earn £600 a weekend stripping." Luke, 25, says, "My plan was to be an athlete, but I broke my neck in an accident, which put an end to that. My parents randomly suggested stripping, and I thought, 'Why not?'" Okaaaay. He happily tells me they're his biggest fans: "They come and watch me all the time!" But what do girlfriends think? Funnily enough, none of the boys have one. "My ex was fine at first," says George. "But when we got serious, it became a problem. What girl wants women throwing themselves at her boyfriend?" David has a strict rule: no sex with punters. But JJ says it wasn't always that way. "In the '90s, it was a perk of the job. Now social media's changed everything – we can't have girls Tweeting that they've slept with a Dreamboy." Still, one Dreamboy has tales of steamy Skype sessions with a reality TV star, who – frustratingly – he won't name.

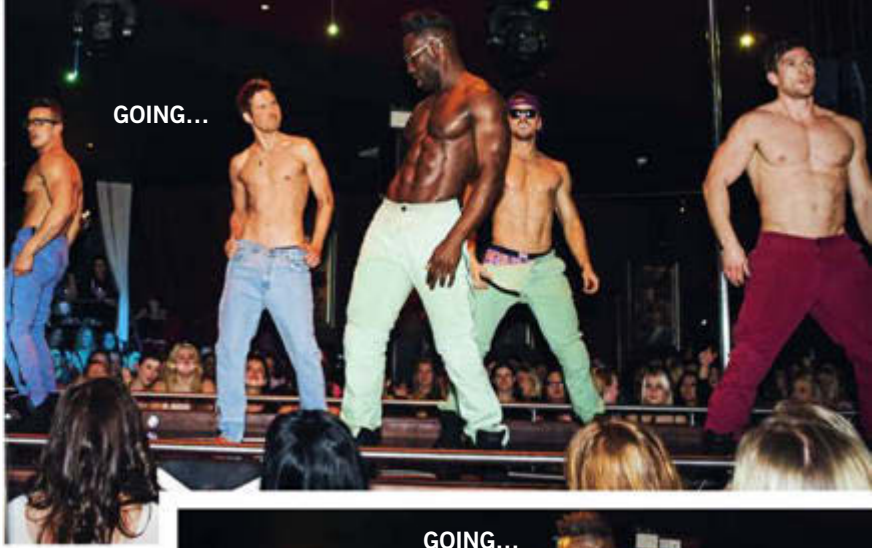
"There are bonus points for posing, crotch-grabbing and general self-loving"

Body prep If you want to be a Dreamboy, your body must be as smooth as a baby's bottom. Which is why I'm now naked on all fours while a man called Lorenzo applies hot wax between my buttocks. It's my first 'Boyzilian', and at one point, screaming like a child, I have to beg him to *please stop*. After this, stripping will be a cinch, right?

Rehearsals I'm at The Queen's Theatre, Hornchurch, to learn my routine for tomorrow – and to get my first sight of the boys in action. It's hard and fast, with eight sweaty costume changes, from sexy cyborgs to butch bikers. As vests are ripped off and tossed into the crowd, fully grown women in the front row are actually crying. Tomorrow night, it's going to be me up there, and if there ▶

◀ are tears, I suspect they'll be of laughter, not desire.

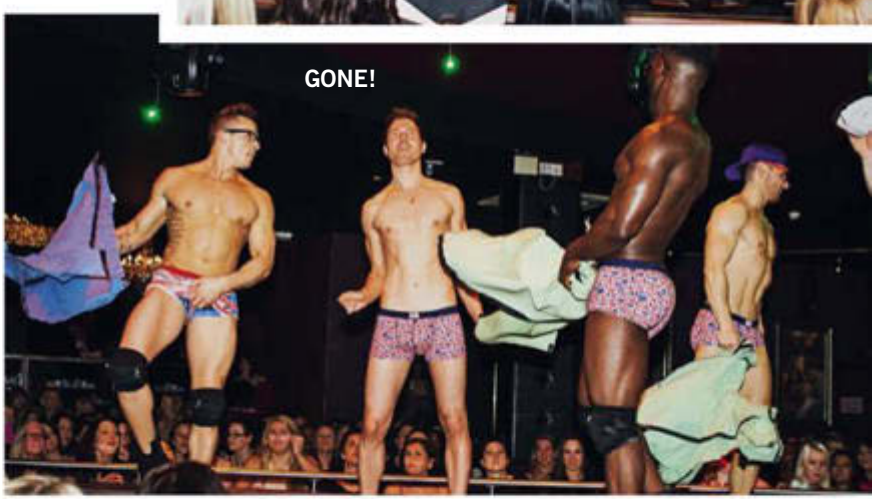
D-DAY After a hasty second spray-tan (the first has faded back to my original shade of 'box-fresh Scot'), I'm backstage before my big night, looking anxiously at my rather unimpressive trouser bulge. Around me, it feels like a football changing room – well, except for the guy inflating his penis with a mechanical pump. That's just one of boys' tricks for an extra 'lift'. The other is a simple elastic band. "Pop it round your balls," says Lohan. "It's not working!" I cry, wincing as I wrap another around





"It feels like a football changing room – except for the guy inflating his penis with a pump"

my poor, shrinking testicles. In the end I think, 'Sod it', pull off my socks and stuff them down my pants. Me and my bulge are ready. The walk to the stage feels like miles. When I reach it, I flip off my shirt. Then the music starts, and the crowd don't seem to mind that I can't remember the moves. Or maybe they feel sorry for me. Either way, I start to enjoy myself. As we rip off our trousers in unison, the screams are deafening. Amazingly, I'm a hit. It takes me a moment to realise I'm in front of 200 women in a pair of Union Jack pants with socks down them, dancing badly to 1D. But in a blur, it's all over.



The verdict I wake up relieved that waving my bum at a room of strangers is a distant memory. Am I embarrassed? Yes. Did I feel demeaned? Not really. For a few minutes, I felt like a rock star. But as a man, I'm unencumbered by centuries of gender imbalance. And there's another difference. When a man watches a female stripper, he's mesmerised, slack-jawed with (often) sleazy desire. But last night, the girls were screaming with delight. It's bawdy but fun. Like David says, no one gets hurt and everybody has a good time. And maybe that's what makes male stripping a bit more acceptable, not just for the audience, but for The Dreamboys – and me too. G

Luke has since retired his boxers and sock bulge (sad face), but you can see The Dreamboys across the UK. dreamboys.co.uk

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SAY NO TO SEXISM IN SPORT

Who asked your opinion f***ing geezer bird? Get back to the kitchen

...is just one of the many comments sports presenter **Gabby Logan** has heard over the years. Here, she calls out the culprits



Presenting live sport is fast moving, unpredictable and challenging – **I love it. When I started out in the** '90s, occasionally a letter would arrive with feedback from a viewer. They were usually polite and sweet. From the straightforward: "Dear Gabby, please find enclosed a sachet of coffee. In return, can I have a signed photo?" To the more sports specific: "Dear Gabby, do you think this Arsène Wenger chap will last at Arsenal?"

Back then, the internet had barely been invented, so if people wanted to express their opinion, they had to put pen to paper. There was very little vitriol in those letters. Perhaps because ugly, sexist and hateful words are harder to hand-write than they are to type onto a tablet.

Now, I only need to say "Good evening" at the start of *Match Of The Day* to get 'feedback' in the virtual world: "Can I see your feet?" "Are you Robbie Savage?" "Your hair looks better down." While these **aren't Tweets that lead to stimulating debate, I don't find them offensive.**

"I would like to shove my cock in your boring mouth," however, is *not* fine. That was a Tweet I got in March. Did I re-tweet or block him? On this occasion, I did nothing. I was hosting the last day of the Six Nations rugby on the BBC and had more important things to do with my time, and my mouth.

But a few months ago, I did re-tweet something. I was at home watching an FA Cup match and Tweeted a serious point referring to a comment Roy Keane had made about the pressures of management. "Who asked your opinion fucking geezer bird get back to [the] kitchen," came a reply. I was sad that there are still humans who think this way. I re-tweeted it and added, "This is freelance web designer and latent feminist Glen." Within ten minutes, the response from my followers was so great that ▶



◀ Glen deleted his message, and his account soon disappeared, too. I hope the reason he deleted it was because he had an epiphany, a moment of clarity where he realised that a woman's place is anywhere she wants to be, and that includes anywhere in sport. Deep down, though, I suspect it was because he was scared of losing his job.

As a female sports presenter, I've had my share of stick, and with age has come the realisation that I will never please everyone. But I'm lucky because when it gets dirty online, I have a way of outing the opinions of Glen and his kind. Because, if they have such outdated attitudes, chances are they're not spending their days supporting the women in their lives very well. Sport might be the prism through which I see these sexist issues, but we all know it spreads wider.

The paradox is that things *are* getting better at work. Compared to when I started, there are more women working in sports journalism, in front of and behind the camera or microphone. Women's sport is making the headlines more, and female athletes are getting better financial deals. When I hosted Sports Personality of the Year in 2014, I saw the public get behind a 40-year-old mother of two, the athlete Jo Pavey, elevating her with their votes to the rostrum alongside stars like Rory McIlroy and Lewis Hamilton. It was one of those unforgettable days where you feel the power of sport and the positive impact it has on people's lives.

But there is more to be done, which is why I won't stop highlighting moronic comments just yet. If 'they' don't think women should talk about football, are they also unsure about us having the vote? Being able to drive? Stand in parliament? I haven't always had the time or energy to



"The paradox is that things *are* getting better at work"

reply personally to Glen and his kind, but this seems like the right place to address a few of the comments I've heard over the years. And if letter writing still serves its reflective purpose, well, here's what I would pen in reply:

The **Get back in the kitchen** Tweets

Dear Glen, and many others who request a return to the kitchen,
I am really quite good at salads and soup. I don't enjoy baking and I am rubbish at pies. I assume you want me back in the kitchen because you feel that, unfairly, the world of high cuisine is too male-dominated? You are looking to redress the balance, yes? Enough of the Ramsays, the Pierre Whites and the Blancs of this world, you want to see more top female chefs. You're outraged that women don't run more Michelin-starred restaurants. However, with my limited culinary repertoire, I can assure you I am not the woman for the job. Thank you for your kind thoughts, though. Good luck in your campaign to elevate the status of women chefs. Gabby x

The **Do you *really* like sport?** question

Dear enquirer,
This is also the first question you'd ask Des Lynam, Gary Lineker and all the other male sports broadcasters, right? You're surely not just asking it because I'm a woman? No, didn't think so. Yes, of course, I love sport. I might've been better at choosing my career if I didn't. I might have chosen one that didn't involve being away from my kids for weeks on end at the Olympics, World Cup or European Championships if I didn't actually like sport. Gabby x

The **'Get your tits out for the lads'** song

Dear lads,
Congratulations on the song, what a tune! What lyrics! It's a crying shame that it has never been nominated for an Ivor Novello. I've heard this sung at me a few times at football grounds. But here's the thing, 'lads': it's probably the least successful song of all time. It never achieves its aims. I have never got my breasts out on hearing your ditty, and I don't intend to. Also, I've never seen a lineswoman, a female physio, female fan or any other woman oblige. So, change your tune, because you just look like losers. My advice? Try asking for a wave – that usually works. Cheers, Gabs x

The **Women don't understand the offside rule** comment

Dear people who espouse this view,
the rule isn't that hard to understand. The reason some women might not is that they have no interest in it. There are also men who have no interest in it. But for those of us who do, it's not as challenging as you think: if you're in the opposition's half and are closer to goal than the ball and their second-to-last player, and in an active position, ie you can affect play, you're judged offside. There are different interpretations as to whether you're actively involved with play, which often causes debate. But whether you have breasts or a penis makes no difference to your ability to get to grips with that law. Gabby x

Gabby Logan will present the Anniversary Games at the Olympic Stadium from July 24-26, and The World Athletics Championships on the BBC from August 22-30

Photographs: Getty Images, Action Images

JOIN OUR CAMPAIGN **GLAMOUR's Say No To Sexism In Sport campaign aims to raise the profile of women's sport. Follow us at @GlamourMagSport and tell us what you think #GlamourSport**

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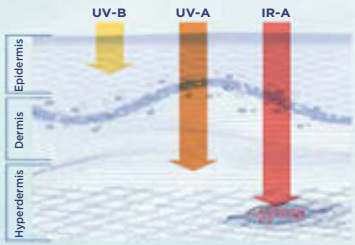


Diagram showing the sun's rays penetrating your skin.

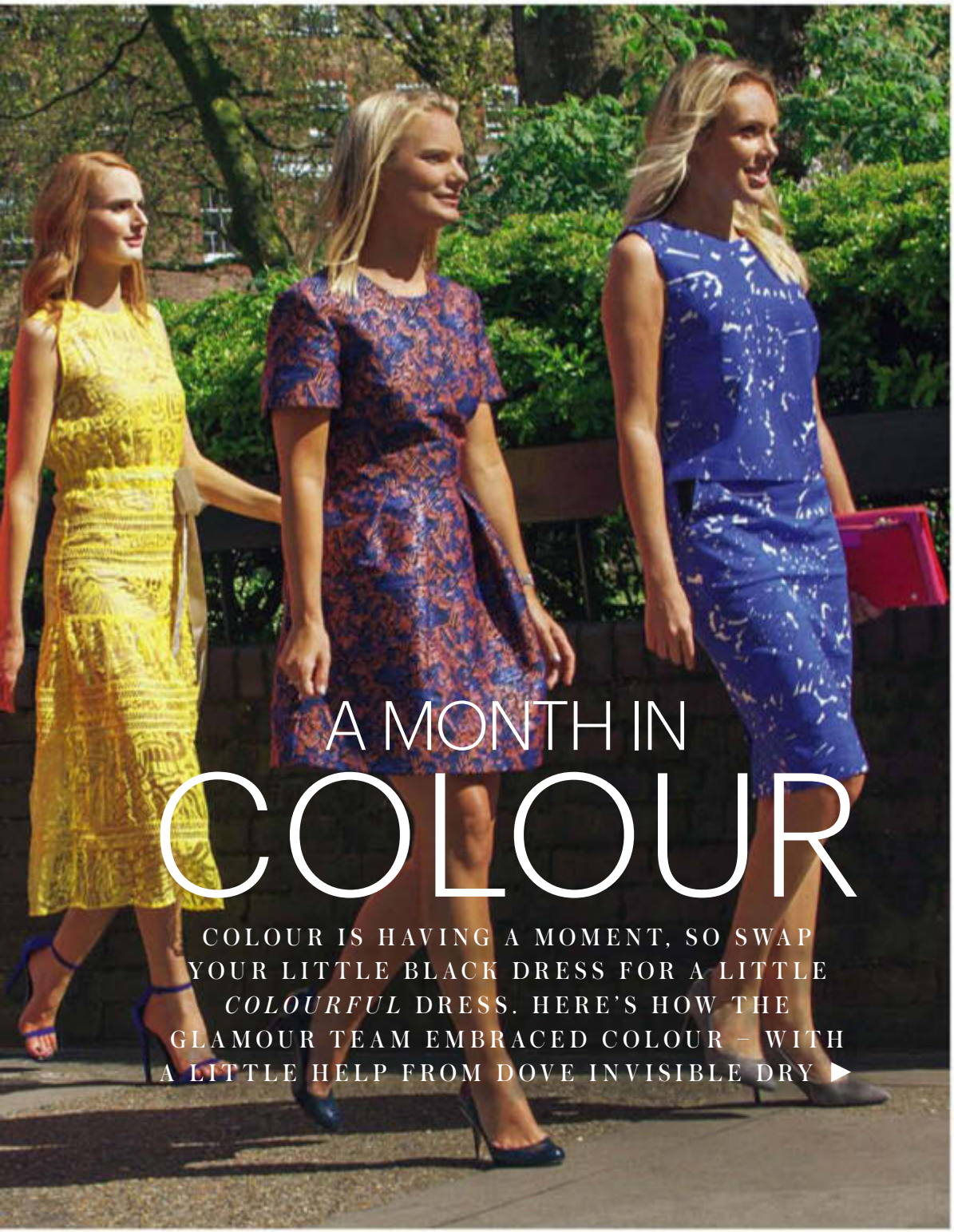
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A MONTH IN COLOUR

COLOUR IS HAVING A MOMENT, SO SWAP YOUR LITTLE BLACK DRESS FOR A LITTLE *COLOURFUL* DRESS. HERE'S HOW THE GLAMOUR TEAM EMBRACED COLOUR – WITH A LITTLE HELP FROM DOVE INVISIBLE DRY ▶



SAM CROSS
Account Manager

MONDAY: CHELSEA FLOWER SHOW
"A bright skirt is a fresh way to dress up the classic Breton top and put some colour into my everyday wardrobe."
TUESDAY: ENGAGEMENT DRINKS
"This pink skirt is so pretty and elegant – and the yellow shoes give an extra pop of colour."
WEDNESDAY: CHARITY FUNDRAISER
"This floral dress is the perfect look for summer, and with a spray of Dove Invisible Dry, white deodorant marks won't be an issue."
FRIDAY: WORK PRESS EVENT
"A bright bag is a fun (and easy!) way to wear colour for work."





"Red is a bold and motivational colour, orange helps us to maintain a positive outlook and pink is soothing – great for stress relief"

Natalie Thomas, confidence expert

*All prices quoted are recommended retail prices. Photographs: Phill Taylor. Make-up: Camilla Hewitt. Hair: Charley McEwen

SERENA CHAMBERS
PA to Publisher

SATURDAY: DATE
"I usually wear a lot of dark colours and jeans, but I loved embracing colour, like this gorgeous floral dress – perfect for a day-to-night date!"
WEDNESDAY: ALEXANDER McQUEEN EXHIBITION AT THE V&A
"This yellow skirt was surprisingly wearable – and it made me feel super summery."
FRIDAY: VOGUE FESTIVAL
"Embracing colour has given me so much more scope for dressing up my outfits – great for events where you want to make a style statement."





"Colour is a great way to lift our mood. Feeling bold? Try vibrant yellow – it makes us feel more focused and decisive"

Leatrice Eiseman, Dove ambassador and Pantone Color Institute Executive Director



AMY WARREN
PA to Editor

WEDNESDAY: FASHION PRESS DAY
"In the past, I always shied away from anything yellow or orange, but this bright sleeveless coat made me feel really confident. I loved it!"

THURSDAY: STORE OPENING
"I usually wear trousers (and nearly *always* skinny jeans), so it was great to try skirts and dresses. And this yellow floral number is so summery and fresh – I feel flirty and feminine."

FRIDAY: CHARITY FUNDRAISER
"I'm a serial wearer of black, white and grey, so it was fun to mix it up with pretty, colourful dresses for evening. Wearing colour really lifted my mood. Bring on a whole new wardrobe!"

"Colour is great for all occasions, from special events to your work wardrobe. And nothing beats a little colourful dress to make a statement of confidence"

Alex Longmore, stylist









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To see how the rest of the GLAMOUR team rocked a month of colour, check out glamourmagazine.co.uk/promotions/dove


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DRUM ROLL, PLEASE...

GLAMOUR WOMEN OF THE YEAR 2015

In association with next

Over 500,000 of you voted for 21 of the most dynamic, talented women around (and one fabulous man). And here they are ▶

Interviews by **Helen Whitaker** (HCW), **James Conrad Williams** (JCW), **Hanna Woodside** (HW), **Jo Elvin** (JE), **Scarlett Russell** (SR) and **Lucy Walker** (LW)



Top and skirt both Chloé; necklace Laura Lee; rings thomassabo.com

The Executive

Want stylish sportswear with an A-list touch? Sounds like a job for movie star-turned-business mogul Kate Hudson ▶

Photographs by **Matthias Vriens-McGrath**



GLAMOUR WOMEN of the YEAR
IN ASSOCIATION WITH next



GLAMOUR
WOMEN of the YEAR
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next

Dress Chloé; necklace Laura Lee; rings thomassabo.com

We can count on one hand the number of Hollywood stars who rock up to a GLAMOUR cover shoot with dripping wet hair wrapped up in a towel. And that's precisely what makes Kate Hudson our kind of girl. Low maintenance and fuss-free (her only request is for a black coffee), she greets everyone on set with a beaming smile and seems genuinely psyched as she makes her way into wardrobe and starts looking through the groaning rails of clothes, as happy as a kid in a proverbial designer candy store. "When it comes to clothes and fashion, I'm a sucker," she admits.

It's this love of fashion, married with her love of being active (as is evidenced by her toned physique), that has led to Kate's most recent venture, fabletics.co.uk – a range of affordable, high-performance clothing guaranteed to make you sweat in style.

"I always wanted to do something in fashion," says the 36-year-old mum of two and star of much-loved classics such as *Almost Famous* and *How To Lose A Guy In 10 Days*. "My business partners approached me a couple of years ago and asked whether this would be a world I was interested in getting involved with. They had this model that I thought was really interesting, but the key thing for me was price points. It had to be affordable." With complete activewear outfits starting from as little as £44, that's something they've certainly achieved, assimilating the best in sport-technology material with high-fashion prints and designs.

"We wanted to use technology to create something that works for people who are serious about their workouts, but at the same time girls can wear it all day, every day, even if they aren't going to work out. But we also didn't want to discriminate against any ▶



Dress Louis Vuitton; shoes Christian Louboutin; necklace Laura Lee; rings thomassabo.com

◀ figure or shape. We have bras for smaller-breasted women and larger-breasted women. We have something for everybody, because our company is about celebrating *every* woman."

To say the business has proved a smash would be something of a ludicrous understatement. Launched just 18 months ago, Fabletics has regularly exceeded its monthly targets; so much so, it currently boasts a staff well into the hundreds and went global in under a year. It's now available in the UK, Canada, Germany, France, Spain, Holland and Australia.

"We are thrilled with the response and it's exciting because it's enabled us to do more things and take risks like expanding into lifestyle pieces, cosmetics and accessories," she says.

A dancer since childhood and a huge yoga and Pilates devotee for the past 15 years, lately the native Californian has embraced boxing and is a fan of hiking, skiing and riding her bike. "I really enjoy sweating it out, it helps clear my mind." Needless to say, Kate is the perfect living, breathing poster girl for her own line. But she admits that even she sometimes struggles for motivation to stay active, which is why she was keen for Fabletics to be more of a community, rather than just an online retailer.

"Motivation for everybody is so difficult, but the best motivation that you can have is your support group, your girlfriends that you like to work out with. That can be a powerful driving factor. We are an online company, we aren't a retail company, we have a direct line of communication to our consumer. So each time we get feedback, it's being heard." Social media plays a huge part in galvanizing their consumers, with women uploading images via Twitter and Instagram of themselves in action in their Fabletics wear. "When I search the Fabletics hashtag and see all these pictures of these girls doing these insanely inspiring things, it's just beautiful and so rewarding."

The site also provides a personal touch where you fill out a quiz and are then emailed bespoke outfits tailored to your tastes, body shape and favoured ways to work out.

"We really try to cater to our individual customers because we're trying to encourage and inspire with our vibe. Scientifically it's been proven that being active is a great way of getting yourself into a stable, clear, healthy frame of mind. But it's not about setting unattainable goals. For me it's about a lifestyle choice and doing something for yourself, even if it's just ten minutes a day. It can be incredibly challenging for women who are working mothers, but you have to find a five-minute window for you to do something for yourself. Every day you should do something active. For your mind more than your body."

But Kate isn't some unrelatable, 'My body is a temple' Hollywood type.

"I'm an 'everything in moderation person'. It would be amazing if I was so super healthy all the time, but I'm not. I'm a foodie," she says, while helping herself to the on-set catering.

Fundamentally, Hudson is a girls' girl and all about the sisterhood. Consequently, she's thrilled to be one of our Women of the Year. But who would be on her personal list of honorees?

> "The best motivation that you can have is your support group, your girlfriends that you like to work out with"

"Oh, I have so many," she enthuses. "I love what Emma Watson is doing with the 'HeForShe' campaign. I think it's incredible, her being so young, so powerful and inspiring. Acting-wise, I'm excited about Felicity Jones. She is so wonderful, a sparkly light and I am excited to see where her career goes. What Jessica Alba has done with The Honest Company is amazing. It's a great product because she's really passionate about it. Every time I get my Honest Company baskets I get excited, because I know Jess did it. You know that this is something that she really cares about. And Beyoncé will always be an inspiration. It seems like hardly a day goes by where I don't I ask myself, 'Would Beyoncé do this?'"

As mantras go, that's definitely one we can get behind. *JCW* ▶

PREVIOUS WINNERS INCLUDE
Alexa Chung (2014), Kylie Minogue (2009), Kate Moss (2008), Victoria Beckham (2007), Elle Macpherson (2005)

Fashion Director: Natalie Hartley. Hair: David Babaii at Tracey Mattingly. Make-up: Melanie Inglessis at Forward Artists. Nails: Ashlie Johnson at The Wall Group. Senior Fashion Assistant: Charlotte Lewis. Dress, knickers and belt all Gucci; necklace Laura Lee; rings thomassabo.com



GLAMOUR
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The Scene queen

Whether lighting up the big screen or storming the catwalk, Suki Waterhouse is a force to be reckoned with

"What the hell am I doing here?" Suki Waterhouse exclaims down the phone from her LA apartment. "Talking to this young jezebel harlot who doesn't know her ass from her elbow?" Harsh. Thankfully, the 23-year-old supermodel hasn't been grossly offended by GLAMOUR's questioning – she's reciting a line, in an impressively authentic Texan accent, from her latest film role in *The Bad Batch*. "I've made all these Southern American friends so I can take them out for lunch and basically steal their accents," laughs Suki about getting into character as Samantha. The dystopian drama is her first lead film role, and her co-stars include Jim Carrey and Keanu Reeves. "After the first rehearsal, I went home and binged on Keanu Reeves films," says Suki. "Literally, all his films."

As well as being a firm Burberry favourite – fronting the brand's Kisses lipstick campaign and walking in the S/S15 show – Suki is one of Hollywood's rising stars. She played Marlene in this year's *Insurgent*, and teamed up with fellow hot properties Lily James and Douglas Booth for *Pride And Prejudice And Zombies*, which sees Jane Austen's Bennet sisters taking on the undead. "Filming that was one of the best experiences of my life," says Suki. "It was a young, rowdy crowd and everyone in the cast loved each other. I play Kitty Bennet, who is quite dim and boring. The girls got these amazing push-up bras, slits up their dresses and sexy garters, and I had to wear a horrible dowdy dress and have my hair dyed mousey brown. I got the piss taken out of me constantly."

She's also one third of the Brit model triumvirate of the moment, along with best friends Georgia May Jagger and Cara Delevingne. Suki looks up to Cara as someone who's made the transition she's currently navigating: "She's really paving the way for models to become actors, and she's breaking through more than any young actress could hope." But Suki won't be jacking in the runway just yet. "I'll still model this year, for sure. In today's world, you can do whatever you want. Ten to 15 years ago, it would have been harder to make the move between things, but you only have one life, so why wouldn't you want to do all you can? If I can model in between doing movies, then great."

There's no one more deserving of GLAMOUR's Breakthrough award. "I'm honoured because it feels like everything has changed this past year, and I love what I do," says Suki. "Bring on the awards!" *SR*

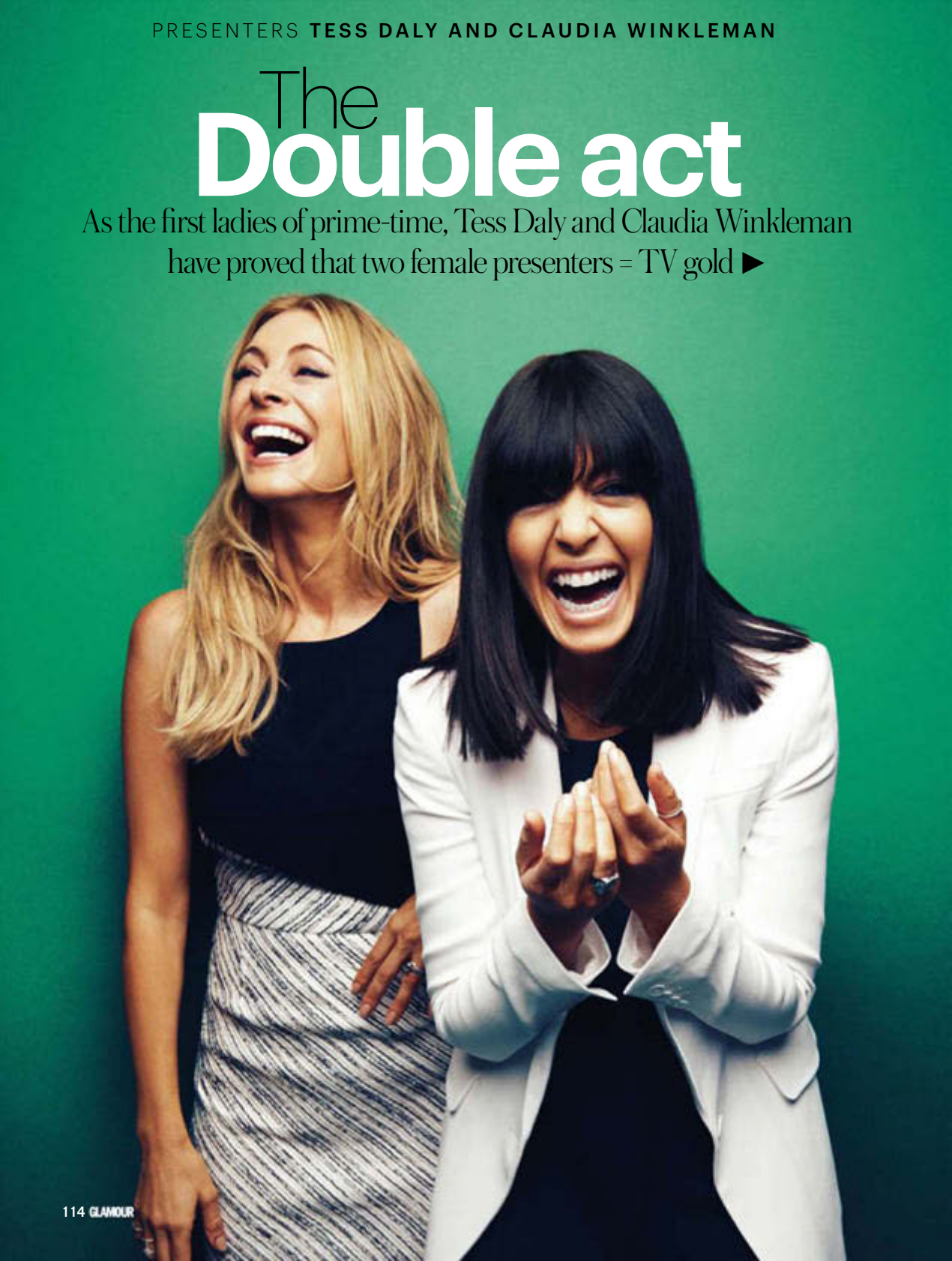
PREVIOUS WINNERS INCLUDE
Lily James (2014), Lily Collins (2012), Ellie Goulding (2011), Katy Perry (2009)

Photograph by **Nick Haddow**


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The Double act

As the first ladies of prime-time, Tess Daly and Claudia Winkleman have proved that two female presenters = TV gold ▶





Photographs by **Matt Holyoak**

Tess Daly is wiping tears of laughter from her face as her *Strictly Come Dancing* co-presenter, Claudia Winkleman, pulls comedy faces at the camera – "You're making me cry off my mascara!"

It's that exuberant, on-the-verge-of-cracking-up dynamic between Tess and Claudia that makes them so much fun to watch on TV. "I've worked with people where you just stand next to each other and speak, but we spend the whole time laughing our tits off – and I think the public can tell," says Claudia. Tess agrees: "Viewers are intuitive, they can tell when it's genuine. They know."

The pair made entertainment history last September, as the first female duo to host a prime-time Saturday-night TV show. "It was hard in the beginning because we felt like we were defending it," says Claudia. "It felt so ridiculous – it's 2015, of course two women can do it." The 10 million viewers they pulled in (beating rival *The X Factor*) are testament to that.

> "There's an understanding. We've got each other's back"

They're gearing up for the next series of *Strictly* already. "Our executive producer, Louise Rainbow, has been hugely tolerant of us bombarding her with texts with suggestions of celebrities who should be on it," says Tess, and they can barely keep a lid on their passion for – no, devotion to – the show. "People love *Strictly* because it's joyful," says Claudia. "It's like Christmas – even though we start filming in the summer. It's like entering a bauble of happiness."

Outside of work, their nights out consist of "carbohydrates, wine and a good gossip", and there's a constant day-to-day back and forth between them. "We look after each other, even if it's just a question about homework, or what to do for a four year old's birthday party," says Claudia. And, like all good couples, they finish each other's sentences. "There's an understanding between us," adds Tess. "We've got each other's back." *HW*

PREVIOUS WINNERS INCLUDE
Emma Willis (2014), Clare Balding (2013), Davina McCall (2011, 2006), Alexa Chung (2009)

FILM-MAKER **AVA DUVERNAY**

The **VIP**

With an Oscar nod and fans in the White House, Ava DuVernay is changing the game

"We got a standing ovation the first time we screened *Selma*," says writer-director Ava DuVernay. "It was an incredible moment. You never know if a film works until you put it in front of an audience." Powerful, inspiring and unforgettable, the film follows Martin Luther King (a magnificent David Oyelowo) during the voting-rights marches from Selma to Montgomery, Alabama, in 1965.

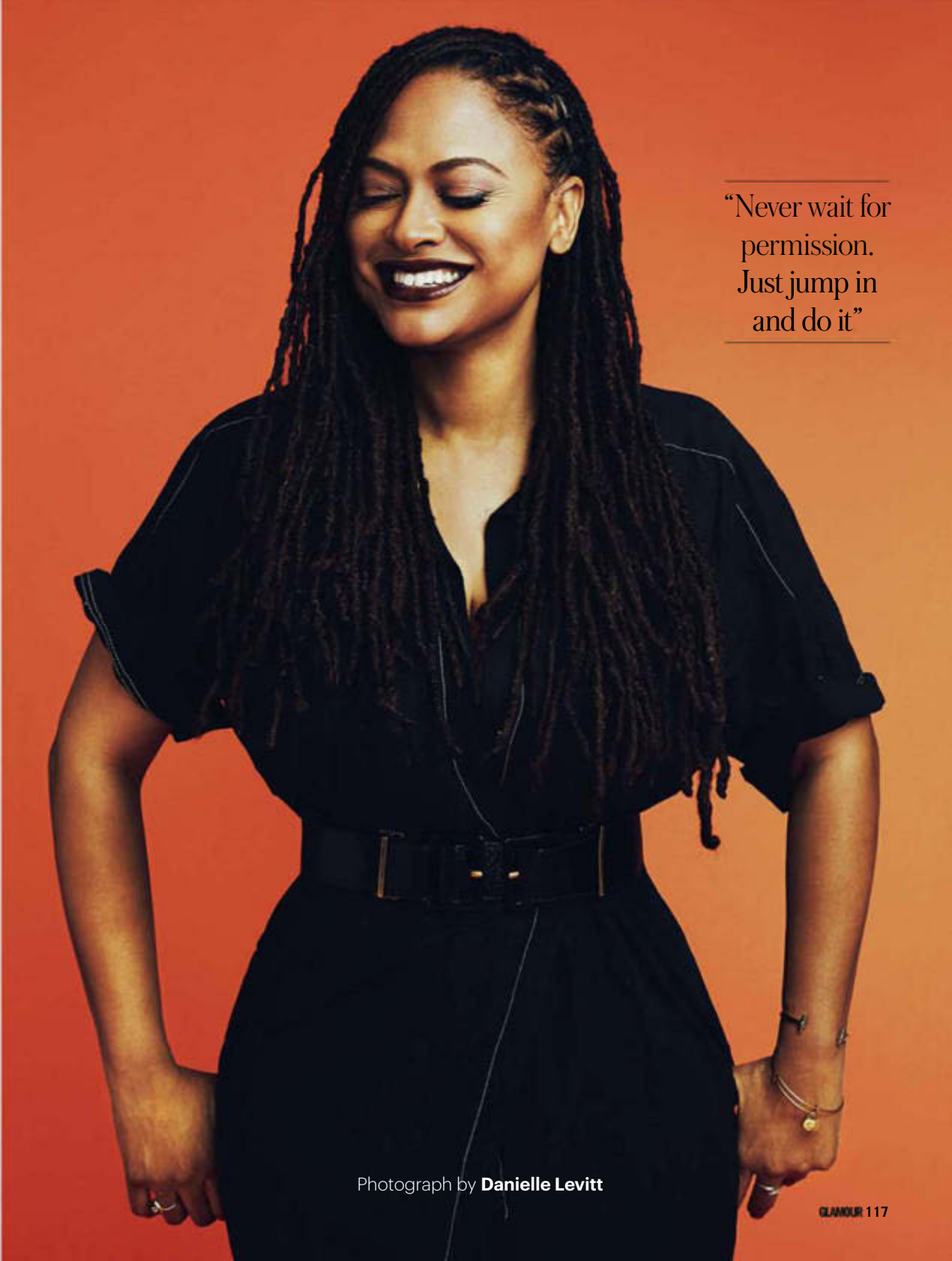
With *Selma*, Ava became the first black female director to have a film nominated for Best Picture at the Oscars. Barack Obama held a special screening at the White House – and it was deemed such an important film that thousands of American schoolchildren were given free tickets to see it, via the 'Selma For Students' initiative. "Over half a million kids have seen the film. Getting a Tweet from a child or parent or teacher who had just seen the film for free made me happier than anything else."

Coming relatively late to film-making, Ava had built up her own award-winning PR agency when she made her first film, *This Is The Life*, in 2008. "I didn't quit my day job and declare I was a becoming a film-maker. Little by little, in my spare time, I made things and put them out. People often think realising your dreams happens in one day. My lesson was that it can be gradual and still work."

Currently, Ava is working on two TV series, one about a black female FBI agent, the other a family drama called *Queen Sugar* that she's developing with Oprah Winfrey ("She's a dream, she's everything you'd think she'd be"). Her next film, for which she's teaming up with David Oyelowo again, is about Hurricane Katrina. Put simply, her career is at full throttle. "My approach to life is never wait for permission to do something. Just jump in and do the work." *HW* ▶

PREVIOUS WINNERS INCLUDE: Lake Bell (2014), Rashida Jones (2013), Kristen Wiig (2012), Sam Taylor-Johnson (2010)

Tess & Claudia: Fashion Editor: Karen Preston. Hair: Maarit Niemela at D+V Management. Make-up: Akgun at London Style Agency. Nails: Michelle Humphrey at LMC Worldwide. Fashion assistants: Sophie Bertenshaw and Chloe Bloch. Tess wears dress Roland Mouret at harveynichols.com. Claudia wears top and trousers Victoria Beckham; blazer Sandro. Ava: styled by Ye Young Kim. Hair: Marlene Forde. Make-up: Ashunta Sheriff. Manicure: Jackie Saulsbery at Walter Schupfer. Fashion assistants: Holly White and Kellyn Lappinga. Dress DKNY; bracelet toryburch.com



"Never wait for permission. Just jump in and do it"

Photograph by **Danielle Levitt**

The Entertainer

With a sell-out theatre run, a watercooler-worthy TV show and the return of a cult classic, Gillian Anderson is *the* hot ticket

"Well, I fell in love with a house, fell in love with a man, and moved here. But I originally came here to do a play," says Gillian Anderson, explaining how (after being born in Chicago and raised in America and London) she adopted the UK as her permanent home back in 2002. "I'd always wanted to do theatre in London above New York." Since her West End debut in 2002's *What The Night Is For*, she may have fallen out of love with the man (she's currently single), but not with the stage. *A Doll's House* followed in 2009, and then last year, a sell-out, rave-reviewed, Olivier-nominated turn in Tennessee Williams' *A Streetcar Named Desire* at The Young Vic.

As Blanche DuBois (the role made famous by Vivien Leigh in the 1951 film), Gillian gave a searing performance of a woman falling apart before your very eyes, over three gruelling hours of raw emotion. Rather than struggling to shake Blanche off night after night, Gillian found the process liberating. "I fell so much in love with her that after every performance, I felt quite exhilarated," she says. "It was quite cathartic, because she processes so many emotions on stage, and I felt happy and peaceful and spent, in a pleasant way, rather than a tortured way. I didn't expect that."

There are high hopes to take the play to New York next year, but it's not just on stage that Gillian has been wowing critics this year. Her portrayal of brittle, complicated DSI Stella Gibson in *The Fall* was *the* must-see show when the second season aired last year (it has just been renewed for a third), and there's a feature film, alongside Sir Ian McKellen, in the pipeline. Plus, *The X-Files* nerds everywhere have reason to rejoice: Mulder and Scully are coming back for a reboot of the '90s show.

> "Right now, it kind of feels like I'm hitting all the areas"

"If I'd died at the end of last year and the year was purely built with Blanche and with Stella, I'd be content with that," says Gillian. "Right now, it kind of feels like I'm hitting all the areas." She really is. *HCW* ▶

PREVIOUS WINNERS INCLUDE
Billie Piper (2014), Helen McCrory (2013), Naomie Harris (2011), Sienna Miller (2006), Kim Cattrall (2005)

Photograph by **Naomi Yang**

Fashion Editor: Karen Preston. Make-up: Anita Keeling at Jed Root. Hair: Claire Rothstein. Nails: Michelle Humphrey at LMC Worldwide. Fashion Assistant: Sophie Bertenshaw. Sweater Loewe at mytheresa.com; stacking ring pandora.net; ring jennysweetnam.com

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The Smash hit

She's conquered the charts, the pop world and our playlists (with THAT *Fifty Shades* song). How long will we love Ellie Goulding? We reckon it's for keeps

Ellie has a confession to make: "I haven't actually had a chance to see *Fifty Shades Of Grey* yet," she admits sheepishly. Despite contributing *Love Me Like You Do* to the soundtrack, a song that spent four weeks at No1 and was the most streamed track in a single week worldwide, she hasn't actually had the pleasure of seeing Christian Grey's cinematic (ahem) charms. "But I am pleased they used my song on the biggest film of the year and will see it as soon as I have a minute," she assures us.

'Big' has been a running theme of Ellie's year. She won British Female Solo Artist at the Brits in 2014, then played Glastonbury that same year ("The festival is iconic for a reason," she says. "There is always a certain buzz of excitement at Glastonbury and my band and I had a great slot as the sun set"). And despite *How Long Will I Love You* being released in 2013, 51 weeks later it was *still* in the charts. She also toured America, Australia, Europe, Japan… does she ever switch off?

"It seriously has been constant!" she laughs. "So many shows, so many countries, so many amazing audiences and one-off experiences. Every show is different and we like to have a few drinks to celebrate after the gig. On the road, we're like a big dysfunctional family. I love it, as long as I get to come home every few weeks."

Ellie has also become part of our favourite BFF universe, regularly appearing in Taylor Swift's Instagram feed ("She's a great cook"), along with Cara Delevingne ("I'd love to go on holiday with Cara – she's an adventure seeker") and Calvin Harris ("We're old mates, and he proved recently at a barbecue that he gets my vegetarian ways by getting me a bunch of soy meat and meat-free sausages!"). Lorde, Rita Ora and Aaron Paul are also in the Goulding Gang.

"We're all on different paths with different highs and lows, but we all have to experience some of the same pressures," she says of her famous friends, although she acknowledges that this year's dance-party at the Brits with Taylor and co was a pretty rare IRL meet-up. "Mainly we keep in touch via SMS, as everyone is on different time zones."

Being crowned your Solo Artist of the Year takes Ellie's GLAMOUR Women of the Year wins to two – she was awarded the Breakthrough prize in 2011.

"It's an absolute honour," she says. "Seriously, to win any award in recognition of my work, I feel very lucky indeed. And I'll keep it next to my other one on my mantelpiece. Thank you, GLAMOUR readers!" *HCW* ▶

PREVIOUS WINNERS INCLUDE
Paloma Faith (2014), Rita Ora (2013), Jessie J (2012), Adele (2011)

Photograph by **Micaela Rossato**



Fashion Director: Natalie Hartley. Hair: Panos Papandrianos at CLM. Make-up: Andrew Gallimore at CLM. Nails: Rebecca Jade Wilson at Jed Root. Senior Fashion Assistant: Charlotte Lewis. Dress Jacquemus; knickers Base Range

The Dynamo

Two Olympic golds, an OBE, and now a GLAMOUR award – cyclist Laura Trott is flying

// Every race that I enter, I want to win. I like winning. That's what drives me – being the best." Cyclist Laura Trott has determination by the bucketload: she's a double Olympic gold medallist, four-time track cycling World Champion and the most successful rider of all time (regardless of gender) at the European Track Championships. And she's just 23.

"The London Olympics completely changed my life," she says. "No one knew who I was until then – now I've done some amazing things, like meet Prince Harry, and sit in the Royal Box at Wimbledon. It still feels surreal."

Since her Olympic success, Laura has dominated the team pursuit and omnium (a multiple race event) at a world level; in 2013 she was awarded an OBE for services to cycling, and last year finished first in 11 events, including the Commonwealth Games. "I still get a huge buzz from competing – the atmosphere in the velodrome is unbeatable. I spend most of my waking life on a bike, and I love it."

The Rio Olympics in 2016 are now on Laura's mind – especially as it's her chance to even up the score with her fiancé and fellow Team GB cyclist, Jason Kenny. "He's got one more gold medal than me – there's definitely a little rivalry there," she laughs. "It's the Olympics, of course I want to win." *HW*

PREVIOUS WINNERS INCLUDE
Christine Ohuruogu (2014), Jessica Ennis (2011), Paula Radcliffe (2008), Dame Kelly Holmes (2005)

Photograph by **Ash Kingston**

Stylist: Karen Preston. Make-up: Anita Keeling at Jed Root. Hair: Nicole Kahlani at The Book Agency. Nails: Abby Barton at Creatives agency. Fashion Assistant: Sophie Bertenshaw. Top domakaran.com; trousers (with belt) Preen at lh-cc.com

The Oracle

She makes us laugh, she makes us think, and she can write the hell out of anything. We love Caitlin Moran

Creative juggernaut is the only job description that does Caitlin Moran justice. As well as writing her two weekly columns for *The Times*, in the past 11 months she's sold over half a million copies of her novel, *How To Build A Girl,* which she's now adapting into a film; toured the UK twice to spread her feminist revolution; and had her first Channel 4 sitcom (co-written with her sister Caz), *Raised By Wolves*, bolstered by rave reviews and 1.5 million loyal viewers. "It's all been fucking crackers. I've suddenly got four careers to juggle," she laughs. "But the column is what I started doing – I've been writing it for 20 years – and I'd never give it up. I'm so chuffed to be winning this award."

From artfully skewering pop-culture and politics, devastating you with one beautiful sentence about love, or reducing you to hysterical laughter with a joke about cystitis, Caitlin's writing leaps off the page and lodges itself firmly in your head. She's not afraid to take on 'difficult' topics, either: masturbation, menstruation and abortion have all been fair game. "If I see a taboo, I want to drag it into the sunlight, banging pans, going, 'Look at this! Let's talk about this! We must make jokes about this now!'" And with her devout Twitter following (more than 530,000 at last count), her voice is that much louder. "I feel heard. I want to talk about important issues – but still Tweet pictures of a weasel riding a woodpecker. You have to be allowed to be silly, as well as powerful." *HW* ▶

PREVIOUS WINNER
Jane Moore (2014)

Photograph by **Naomi Yang**

Stylist: Karen Preston. Make-up: Anita Keeling at Jed Root. Hair: Claire Rothstein. Nails: Michelle Humphrey at LMC Worldwide. Fashion Assistant: Sophie Bertenshaw. Shirt: gap.co.uk; jeans next.co.uk; shoes victoriabeckham.com; small necklace alexmonroe.com; large necklace Alice Gyllenkrok

GLAMOUR WOMEN of the YEAR
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Styled by Rosa-Safiah Connell. Hair: Charlotte Cave. Make-up: Akgun at The London Style Agency. Manicure: Michelle Humphrey at LMC Worldwide. Set design: Anna Burns. Shirt Pringle; jewellery Olivia's own

Photograph by **Matt Holyoak**

The Leading light

Whether starring in comedy or drama, Olivia Colman is always the one to watch. Did someone say national treasure?

Playing comic and tragic with equal success takes a rare breed of actress, but then again, Olivia Colman *is* that rare breed. As devastating in 2011's drama *Tyrannosaur* as she was delightful as Sophie in *Peep Show*, she's won Baftas for playing lovelorn Sally in mockumentary *Twenty Twelve* as well as for gritty Jimmy McGovern show *Accused*. She was nominated again this year for her role in the quintessentially British comedy *Rev.*, while last year she picked up her third Bafta for playing DS Ellie Miller in the TV juggernaut that is *Broadchurch*. The part of the small-town detective was written especially for her by creator Chris Chibnall, but Olivia says that despite all her success, the feeling of every role being her last never goes away.

"The first year after I won a Bafta [in 2013], it went quite quiet, and I think people thought, 'Oh, she's busy.' It was slightly unnerving." But after its transmission in 2013, *Broadchurch* became more than just a show – it was a cultural touchstone. The subject matter of a small town coping with the murder of a child was gruelling, with every emotion played out on Olivia's face as she worked to solve the case ("I think I need to avoid parts for a while where I have to cry, or people will be like, 'There she goes again.'").

When the second season aired this year, it was no less controversial and was the sort of show that *everyone* had an opinion about. As the episodes aired each week, it exploded on social media. A third season has been announced, but Olivia has no idea where the story is going to go. "We won't get the scripts until we start filming," she says, then laughs: "My dream is that we're all in Tuscany and have started a new life. Wouldn't that be nice?" *HCW* ▶

PREVIOUS WINNERS INCLUDE Jenna Coleman (2014), Joanne Froggatt (2013), Jessica Brown Findlay (2012), Billie Piper (2010, 2006)

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Top, bra, skirt and ankle boots all louisvuitton.co.uk; ring Kerry's own

Photographs by **Matthias Vriens-McGrath**

The Gladiator

You want compulsive TV drama, a mesmerising leading woman and a working wardrobe to die for? *Scandal* star Kerry Washington has it handled

For someone who gives up acting "at *least*" once a year, Kerry Washington is doing OK. "When I read *Ray* for the first time, I had just quit. When I read *The Last King Of Scotland*, I had just quit," she recalls with a laugh. "I hadn't quite quit when I read *Scandal*, but I was feeling really unfulfilled as an actor." Happily for us, the power of a good script always tempts her back to acting, which is how she ended up stepping into the shoes of Olivia Pope back in 2012. If you're aware of the soap-y, shouty, Washington DC-set drama, you're almost certainly a fan, and that's primarily Kerry's doing. As a crisis manager with the White House's great and good on her speed dial, Olivia specialises in solving (or burying) the sort of career-ruining shenanigans that super-injunctions were invented for – all while strutting around in the outfits of your dreams.

It's a gruelling production schedule, often shooting 14-hour days, Monday to Friday, for around ten months of the year. With our shoot taking place in Los Angeles on a Saturday during production, we interrupt her weekend off, but you'd never know it. Kerry has drawn together a group of her favourite women (her mum, her 13-month-old daughter, Isabelle, and her regular hair and make-up squad, who double up as good friends) and makes a day of it. Post-shoot, she gets back into her beloved yoga pants, and tells me that she very nearly didn't audition for *Scandal* at all.

"I wasn't really looking to do a TV project, because it takes up so much of the year, and then I read the script and it was one of the best things I'd ever read," she explains. "I really loved this character from that moment. I love that who she is privately and who she is publicly are so vastly different." For the uninitiated, one of the reasons Olivia is so compelling a character is that while at work, she's a self-described ▶

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◀ 'gladiator in a suit' – remaining cool in any crisis (*any* crisis: murderous senators, election rigging, secret government agencies that carry out dubious acts in the name of 'international security'…) – but outside of it, she's harbouring the biggest secret of all: a tempestuous affair with the (married) President.

To watch is to be obsessed, and the fact that the cast live-Tweet along with the show just adds to the fun. Kerry takes obvious delight in their fans' analysis of the love triangles (are you Team Fitz or Team Jake?), and even the show's peculiar brand of fast-talking (dubbed '*Scandal* pace') has its own hashtag. She's thrilled to be GLAMOUR's International TV Actress of the Year. "I feel really honoured and excited," she says, flashing her beaming smile. "I remember they were feeling nervous about how it was going to do overseas, because political shows don't always do so well. But it's not just about politics, it's about these really flawed, imperfect, three-dimensional people. I love that these characters are resonating across borders."

One thing that definitely resonates is Kerry's on-screen style. Sumptuous Ferragamo coats, nipped-in Dior jackets, MaxMara skirt suits, Escada dresses, Donna Karan loungewear… the list goes on. Olivia's wardrobe is sleek, tailored and *very* expensive, and Kerry worked closely with costume designer Lyn Paolo to get it right. "This is a person who really understands the power of image, and the power of making an impression on people," she says. "I knew I wanted her to have impeccable style – and style that was really different from the Washington norm, the stereotypical women power-dressing to look like men."

From Season One, scores of women Tweeted Kerry to show off their own Olivia Pope-inspired looks. "[They'd say] 'I have a presentation at work' or 'I'm going to meet my boyfriend's parents' and they would send us pictures, dressed in white pants or black blouses, so we started to think that while there are women who can afford to shop where Olivia shops, there are other women – like me – who can't," she laughs. For this reason, Kerry and Lyn masterminded The Scandal Collection, an affordable Pope-inspired clothing line for The Limited. "We felt like every woman should be able to feel empowered and to power-dress in her femininity," she says. "That was part of developing the clothing line, so that women of different socio-economic backgrounds could have access to this aesthetic."

The daughter of a professor and a real-estate broker, Kerry, 38, grew up in the Bronx in a "socially conscious, politically aware family." Long an advocate of the Obama administration (she campaigned during both his presidential runs), Kerry made a rousing speech at the Democratic National Convention in 2012, pledging her support. It won her thunderous applause on the night, but served as an education in the downside of social media when she was also inundated with abuse on Twitter. "It taught me how to block people, and it taught me that you can have two million followers and there will still be thousands of people who hate you," she says wryly. More recently, she made a kick-ass speech at the GLAAD (Gay & Lesbian Alliance Against Defamation) Awards, calling for minority groups to stand together in the fight for equality. Her political life is important to her and she credits her upbringing with giving her the impetus to speak out. "It's important to my parents, so this is who I would be, regardless [of fame]," she says resolutely. "I have to make sure that I don't silence myself about the things that I believe in, because sometimes the fear creeps in of 'what if fewer people watch the show, or fewer people hire me because I express my politics?' For me, the commitment is to *never* be quiet just because I'm in the public eye."

> "I have to make sure that I don't silence myself about the things I believe in. For me, the commitment is to *never* be quiet just because I'm in the public eye"

That's one trait she shares with her alter ego. But as a very occasional drinker, one she doesn't is Olivia's love of red wine. (FYI those giant glasses she slugs from? They also sold out in stores after appearing on the show.) "I'd be under the table in a minute compared to her," laughs Kerry. "But I would say my love of popcorn rivals hers." *HCW* ▶

PREVIOUS WINNERS INCLUDE
Emily VanCamp (2014), Zosia Mamet (2013), Lea Michele (2012, 2010), Blake Lively (2009)

Fashion Director: Natalie Hartley. Hair: Takisha Sturdivant-Drew at Sturdivant for Neutrogena Triple Repair and kenbarboza.com. Make-up: Carola Gonzalez at Forward Artists. Nails: April Foreman at The Wall Group. Senior Fashion Assistant: Charlotte Lewis. Dress fendi.com; boots louisvuitton.com; ring Kerry's own


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The Live wire

This year she's bossed the charts, the box office and Saturday-night prime-time. Is there nothing Rita Ora can't do?

A woman who is used to performing in front of gigantic sell-out crowds must find TV a breeze. Not so, laughs Rita Ora. "It was like, 'Aargh, the cameras are rolling, SPEAK,' and then the words came tumbling out," she says. "Being on live TV was petrifying, initially. You get used to it pretty quickly, but every time the lights come on, you get the adrenaline, excitement and a little bit of fear."

You'd never know it, watching her debut as a judge and coach on Series Four of *The Voice*, alongside Sir Tom Jones, Will.i.am and Ricky Wilson. The irrepressible energy, enthusiasm and flirtiness she brought to the role made her a natural mentor – as though she'd been in the hot seat for years – and it's fair to say that Rita is more than a little bit chuffed to be voted GLAMOUR's winning TV Personality. "I'm so pleased to be acknowledged for my work on *The Voice*. It was a big learning curve for me and I really enjoyed it. We had such a laugh and I worked with some very talented singers. It is an honour, thank you indeed," she enthuses.

> "*The Voice* was a big learning curve for me"

It's been a busy year for Rita, with an appearance in show-of-the-moment *Empire* and the small matter of landing the role of Christian Grey's sister, Mia, in *Fifty Shades Of Grey* (her role in part one was a small one, but she's been confirmed for the two sequels, which promise a deeper storyline). She also found time to rack up her fourth No1 (*I Will Never Let You Down*), a music collaboration with Iggy Azalea and a fashion one with Adidas.

As to whether she's returning to *The Voice* for Series Five, she's not yet saying, but it's clear her focus this year is on her *own* voice. "Have you heard my new single?" she asks. "The album's coming soon, too. I can't wait for everyone to hear it." *HCW* ▶

PREVIOUS WINNERS INCLUDE
Naomi Campbell (2014), Nicole Scherzinger (2013), Dannii Minogue (2011, 2010, 2008)

Photograph by **Jem Mitchell**



Fashion Director: Natalie Hartley. Hair: Chris Appleton. Make-up: Kirstin Piggott at Julian Watson for Rimmel London. Nails: Michelle Humphrey at LMC Worldwide. Fashion Assistant: Holly White. Leotard, skirt and necklace all Louis Vuitton

EDITOR'S SPECIAL AWARD
ELLIE KEMPER

The Cult hero

She's the star of the most buzzed-about show of the year – it's the unstoppable Ellie Kemper

"That is the coolest thing that has ever happened to me," says Ellie Kemper, recalling the moment she discovered that comedy queen Tina Fey and her *30 Rock* co-writer, Robert Carlock, had created *Unbreakable Kimmy Schmidt* especially for her. "I was really, really excited." Charming, kooky and whip-smart, *Unbreakable Kimmy Schmidt* begins with Ellie's eponymous character escaping a doomsday cult after spending 15 years locked in an underground bunker.

"It didn't seem like a very likely premise for a comedy," laughs Ellie. "But because they are geniuses, they managed to make a hopeful, hilarious story out of something devastating. Kimmy is genuinely ecstatic to be in the world. She's determined to make something of her life."

Ellie had already proved her comedy prowess with supporting roles in *Bridesmaids* and the US version of *The Office*, but her portrayal of the eternally optimistic, relentlessly upbeat Kimmy navigating a world she doesn't understand confirmed that she could carry a show. "I was scared at first, but working with the likes of Jane Krakowski and Tituss Burgess [both *30 Rock* alumni], I didn't feel the show was resting solely on my shoulders."

Unbreakable Kimmy Schmidt has been renewed for a second series ("It's good to know I have a job for at least another year!"), but now that she's established herself as a comedy heavyweight, is Ellie tempted to branch out into other areas? "Comedy is my thing," she says. "Right now, I'm not looking to do a serious drama – but never say never." *HW* ▶

PREVIOUS WINNERS INCLUDE Taylor Schilling (2014), Anna Kendrick (2010), Lily Allen (2008)

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"It's good to know I have a job for at least another year!"



Styled by Ye Young Kim. Hair: Blake Erik at Jed Root. Make-up: Brigitte Reiss-Anderson at The Wall Group. Manicure: Jackie Saulsbery at Walter Schupfer. Fashion assistants: Holly White and Kellyn Lappinga. Dress Dolce & Gabbana

Photograph by **Alexei Hay**



The Host with



the most

...GLAMOUR awards! As Fearne Cotton leaves her Radio 1 show, what better send-off than *another* Women of the Year win? ▶



Photograph by **Matt Holyoak**

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// For the first time since I started working, I'm going to go with the flow," declares Fearne Cotton about her imminent departure from Radio 1 (or "jumping into the void", as she refers to it). After almost ten years as a host at the station (helming *The Official Chart* and the 10am-1pm weekday slot), she has one (new) project she's working on from home, but no other plans "other than growing a human", she jokes about her second pregnancy. Of course, there's still her range for very.co.uk and her team captaincy on *Celebrity Juice*, but for now, her Monday-to-Friday day job is TBC. "I've been there nearly a decade now, and I feel like I'm leaving on a high," she says of her departure. "Not when it's bombing or I feel bored. I still really enjoy it, so leaving is terrifying but really liberating." Her overriding memories are of up-close-and-personal live performances by the world's best musicians in the Live Lounge. "Some of them have been mega intimate – me and my producer in a room with Dave Grohl playing the guitar, or Coldplay a metre away – and I've been sitting there thinking, 'How is this happening?'"

"I'm leaving the show on a high. It's terrifying but really liberating"

She is however, hugely excited to see where successor Clara Amfo takes the show, and happy that she's passing the mantle to another woman. "The whole end of this journey is encouraging people who are coming through," says Fearne. "Championing female DJs is massively important, because for some reason, we're still in the minority. Sex doesn't have to define being a DJ at all, because if you know what you're talking about and technically you can do the job, then you should be doing it. I'll be cheering Clara on from the sidelines."

This GLAMOUR award for Radio Personality is Fearne's sixth (eighth overall; she also has two for Presenter), and marks the end of a chapter, but Fearne is adamant that her Women of the Year award-winning days aren't over. "I want to win one next year that is the most extreme departure I can get from what I normally do," she laughs. "Maybe I'll get really good at hurdling – let's see if I can win Sportswoman." *HCW*

PREVIOUS WINNERS INCLUDE Fearne Cotton (2014, 2012, 2011, 2010, 2009), Jameela Jamil (2013), Jo Whiley (2008)

Fashion Editor: Karen Preston. Make-up: Akgun at London Style Agency. Hair: Maarit Niemela at D+V Management. Nails: Michelle Humphrey at LMC Worldwide. Fashion Assistant: Sophie Bertenshaw. Dress: Stella McCartney at harveynichols.com

WRITER **PAULA HAWKINS**

The Thriller

You read it (in one sitting), then told everyone you know to read it, too. Paula Hawkins' *The Girl On The Train* is the book of 2015

// Extraordinary" is how author Paula Hawkins describes the six months since *The Girl On The Train* was published. "Stephen King Tweeted about it, then Reese Witherspoon Instagrammed herself reading it. It was like, 'No, they can't be talking about me.'"

With almost two million copies sold worldwide (outdoing *The Da Vinci Code* in hardback sales), and the film adaptation already underway, you can barely go a day without spotting someone engrossed in the book.

A journalist for 15 years, Paula always had a hankering to write fiction. She published her first four novels under the pseudonym Amy Silver. "They were chick-lit style books, but they got darker and darker, and terrible things kept happening to the characters," she says. "I realised then that thrillers were my genre."

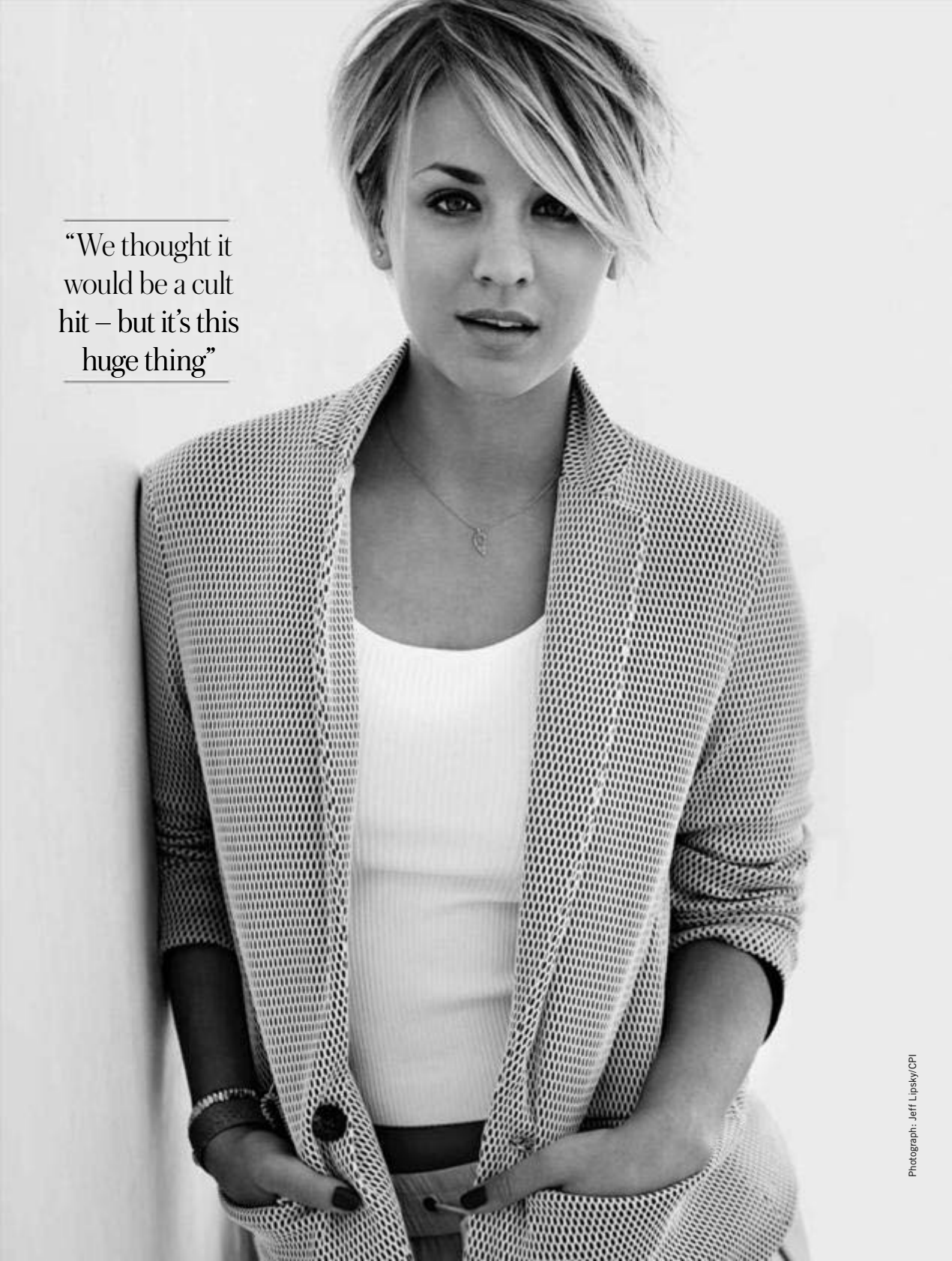
The Girl On The Train was the result of this literary epiphany: a suspense-soaked tale of an alcoholic woman who spots something suspicious on her commute home. A psychological thriller with an unreliable narrator? The *Gone Girl* comparisons were inevitable. "It's flattering, but to me they are completely different books," she says. "The two protagonists are worlds apart."

Part of the brilliance of *The Girl On The Train* is its three flawed, complex female narrators. "For me, the book is really about women, their journeys and relationships with each other. I know some people hated the characters, but I wanted to give them rounded personalities. I don't want to read about happy, normal characters – you want some drama."

Right now, Paula's busy writing her next book, another thriller, this time about the relationship between two sisters. "It's really quite dark and gothic," she confides. Another best-seller? We'd put money on it. *HW* ▶

PREVIOUS WINNERS INCLUDE Helen Fielding (2014), Miranda Hart (2013), Zadie Smith (2006), JK Rowling (2005)


"I don't want to read about happy, normal characters"
Fashion Editor: Karen Preston. Make-up: Danielle Kahlani at The Book Agency. Hair: Liz Taw at Stella Creative. Nails: Michelle Humphrey at LMC Worldwide. Fashion Assistant: Sophie Bertenshaw. Blouse Roksanda at harveynichols.com; trousers comptoirdescotonniers.co.uk; shoes gianvittorossi.com
Photograph by **Ash Kingston**
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"We thought it would be a cult hit – but it's this huge thing"

Photograph: Jeff Lipsky/CPI

The Girl next door

She's in the biggest comedy on TV right now, and fast becoming the 'Rachel' of our generation – it's *The Big Bang Theory*'s Kaley Cuoco-Sweeting

Forty-three million. That's how many people watch *The Big Bang Theory*: it's officially the most popular sitcom in the world. To those 43 million people (and we're betting you're one of them), actress Kaley Cuoco-Sweeting is Penny, the savvy, street-smart neighbour – and pitch-perfect comedy foil – to the nerdy scientists who live across the hall.

"We thought it would be a cult hit with a certain number of loyal fans, but it's become this huge thing," says Kaley. "I meet teenagers right up to octogenarians who love the show."

It's a simple set-up, following seven friends (most of whom are academics, so there's a seam of sci-fi/comic-book/geek jokes running throughout) who live in Pasadena, California. But eight series (plus, the show is already renewed for three more years) and 33 Emmy nominations later, it's clear that with its pop-culture-laced humour and genuine warmth, *The Big Bang Theory* has hit on something magic. "We're all stunned that we're in our eighth year. Our lives have grown as much as our characters' have," she says. "Looking back at Season One, twice a week we were out on the town having cocktails. Now, we're like, 'OK, I've got to be home by 7pm for the kids.'"

As Penny, the only non-academic in the gang, Kaley brings a perfectly judged performance – there's not a whiff of that tedious 'ditzy girl' cliché. "Penny's not as book-smart as the others – but she's funny and sarcastic, she's able to crack a joke. She earns the audience's respect."

Such is the success of the show that some people have dubbed *The Big Bang Theory* the *Friends* of our era. It's a comparison that instantly makes Kaley light up: "It's incredible. I grew up on *Friends* – Jennifer Aniston is my comedy idol, she is effing hilarious – and now we shoot on the stage right next to where *Friends* was filmed. They have a big plaque that says 'Friends Stage'. Maybe one day they'll name ours 'The Big Bang Stage'. That would be really cool." *HW* ▶

PREVIOUS WINNERS INCLUDE
Sarah Hyland (2014), Sofia Vergara (2012), Miranda Hart (2011), Catherine Tate (2007)

Photograph by **Jeff Lipsky**

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FILM ACTRESS **FELICITY JONES**



The Supernova

When an Oscar nomination is just *one* of the amazing events of the past few months, you know you've had a hell of a year. Stand up, Felicity Jones! ▶

Top Boss; skirt Saint Laurent; mules Miu Miu

Photographs by **Simon Emmett**


Jacket Saint Laurent; polo neck Victoria Beckham
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At the end of our photoshoot, a man clutching a padded envelope turns up outside the dressing room, asking for Felicity Jones. She's preparing for a wig fitting for her role as Dr Sienna Brooks in the movie adaptation of Dan Brown's *Inferno*, and we are reluctant to let him in – I mean, he could be a weirdo! "Do you want me to pass that on?" I ask. He responds with a grim shake of the head. "I have to give it to her directly." A few awkward moments pass. "Can I ask where you're from?" I press, suddenly worried about the contents of the parcel, not to mention his motives. There's a pause before he replies. "Lucasfilm."

Ah.

A secret delivery from the set of the new *Star Wars* movie is pretty consistent with how surreal and sensational Felicity's year has been.

Playing a real person comes with a certain pressure, and never more so than when the subject is very much alive, but Felicity faced just that in her role as Jane Hawking in last year's biopic *The Theory Of Everything*.

At turns uplifting and heartrending, the film charts the relationship between physicist Stephen Hawking (Eddie Redmayne) and his first wife, Jane, after he was diagnosed with motor neurone disease while at Cambridge University. Eddie praised Felicity for doing much of the film's emotional heavy lifting due to his character's physical limitations, and rightly so. Her restraint in portraying a woman who spent 30 years fiercely devoted to her husband and family was nuanced and eloquent. The pair earned a raft of nominations for their performances, culminating in Oscar nods for each of them this February.

As they did the red-carpet rounds ("I must have worn 150 outfits," she says. "By the end, I was like, 'Get me my jeans!'"), the Oxford-educated actress says they felt like "tourists". Felicity and Eddie are old friends, and spent many a formative year auditioning – and being rejected – together. This time, casting got their act together, and *The Theory Of Everything* was the result. Eddie, of course, won everything in sight for his role, but Julianne Moore pipped Felicity to the Oscar post. She's sanguine about it, saying it was just nice to be surrounded by other women as they worked the awards circuit. "It's so rare you get to meet another actress," she says. "There's usually about ten guys and one woman in a film, so we were just enjoying every minute." She's not just playing the humble runner-up. She refers smilingly to her fellow Brit nominees, Keira Knightley and Rosamund Pike, as "Team GB", and looks positively awed as she talks about running into Meryl Streep in the make-up room at the Oscars.

Born in Bournville (of chocolate fame) in Birmingham, 31-year-old Felicity started out as a TV and radio actor, in children's shows such as *The Worst Witch*. At 15, she landed a regular part in Radio 4 soap *The Archers*, which she continued to record throughout her English degree. Since then, she's ricocheted from period drama (*Brideshead Revisited*) to Shakespeare (*The Tempest*) to indie coming-of-age story (*Like Crazy*). These days, she calls both London and Brooklyn home, and what could be more Brooklyn than becoming part of the phenomenon that is *Girls*? Having met Lena Dunham a few years ago (when she was promoting *Tiny Furniture* and Felicity was promoting *Like Crazy*), last year, Felicity filmed a guest role on the show. "I absolutely loved it," she enthuses. "They were so welcoming. It was such a relaxed, fun day. I was just like a fan. It was the biggest 'pinch me' moment."

Felicity's versatility has earned plenty of plaudits – *Like Crazy*, alongside a pre-*Hunger Games* Jennifer Lawrence, was a Sundance darling in 2011 – but at one point it seemed she'd be a perennial name on 'rising star' lists. "I was always here!" she laughs, when I ask whether 15 years in the business and an Oscar nomination will at last shake off that 'up and coming' label. "I think it's important to keep your head and not listen too much to whether you're going to be this thing or that thing, or the next big thing, or the old thing."

> "I think it's important to not listen too much to whether you're going to be this thing or that thing, or the next big thing, or the old thing"

One thing Felicity *is* now doing is the 'blockbuster thing' – as Tom Hanks' right-hand woman in the aforementioned Robert Langdon thriller *Inferno,* and (as that secret delivery proves) as a rebel fighter in *Star Wars* spin-off *Rogue One*. No one would blame her for being pleased with herself. But Felicity, British through and through, isn't one to blow her own trumpet. "You always have this fear that any job will be the last, so I feel really fortunate to have a year ahead where I know what I'm doing. I'll just get on with it, really." There's no doubt she will, and though she'd never say it herself, let's hope there are another 150 dresses available for next awards season. *HCW* ▶

PREVIOUS WINNERS INCLUDE
Sally Hawkins (2014), Rebel Wilson (2013), Viola Davis (2012), Amanda Seyfried (2009), Keira Knightley (2004)

Fashion Director: Natalie Hartley. Styling: Sara Gilmour. Fashion Assistant: Holly White. Make-up: Mary Greenwell at Premier. Hair: Leigh Keates at Premier. Nails: Michelle Humphrey at LMC Worldwide



Jacket Gucci; boots Christian Dior



The Pioneer

From textile innovation to blazing a trail for digital pattern, nobody's shaped our style quite like Mary Katrantzou

// The women who dress in my work are so diverse. I love it," says Mary Katrantzou. "You see the same piece on the First Lady and Rihanna. It opens your mind about who is confident in your clothes and you design for those women." Mary debuted her first collection in 2009, and her bold digital prints were instantly identifiable. "I started with print and geometry at a time when technology meant we could do things we'd never been able to do before," she says. In recent years she's moved towards "innovating in our own fabrics", and her most recent collections have surprised and delighted. The brand never stops evolving: "There are always things you want to do that you can't achieve one season. That thread of thought hopefully inspires the next collection and the one after that." *LW*

PREVIOUS WINNERS INCLUDE Simone Rocha (2014), Sarah Burton (2011), Isabel Marant (2010), Frida Giannini (2009), Stella McCartney (2004)

Photograph by **Naomi Yang**

Make-up: Carolyn Gallyer at CLM. Hair: Mirka Hajdova. Nails: Sophie Harris Greenslade at Emma Davies. Clothes and jewellery Mary's own

The Conjurer

Why do we love accessory superstar Anya Hindmarch? Because we never know what she'll wow us with next

"You know, it's OK to mess with handbags," says she who should know, Anya Hindmarch. "Play with them, decorate them. I want them to be playful and ironic. Fashion should make you smile."

And if there's one designer who slam dunks that, it's Anya. Think of her most recent hits: bags resembling the Cornflakes box; this season's Little Chef emblems; a pouch made to look like a crinkly crisp packet. These whimsical creations could only ever be by Anya.

And the charm and wit don't stop with the bags. Anya has been one of the driving forces raising the profile of London Fashion Week in recent years with her sensational shows (think models floating in space and a front row that moves like a fairground ride). Every season she makes jaded fashion editors smile 'til their faces hurt. "It's scary and expensive," she laughs. "But it brings some humour to Fashion Week. Why not make it more about theatre? I love doing it."

Which is obvious, and no doubt why GLAMOUR readers have honoured Anya with this award. She, in turn, is delighted. "It means a huge amount. GLAMOUR leads and inspires, but it's also something you can relate to. For me, it's a lovely award, because it's from people I rate." *JE* ▶

PREVIOUS WINNERS INCLUDE
Katie Hillier (2014), Charlotte Dellal (2012), Victoria Beckham (2011)

Photograph by **Ash Kingston**

Hair & make-up: Charlotte Cave at One Represents. Clothes and jewellery Anya's own

GLAMOUR WOMEN of the YEAR
IN ASSOCIATION WITH next

The Model citizen

Passionate? You bet. Jourdan Dunn is the supermodel and charity ambassador who's determined to be heard

Jourdan Dunn's response to being honoured with GLAMOUR's Inspiration award? "It feels amazing," she says. "Especially as the past winners – Angelina Jolie, Annie Lennox – are these strong, powerful women who have stood up for a cause. To be recognised for my work, for something *I* stand for, is overwhelming."

As an ambassador for the Sickle Cell Disease Association of America, which helps those living with the blood disorder, Jourdan is committed to being way more than a 'face of'. "It's something that my son [five-year-old Riley] deals with and I'm still learning about. It's a blessing in disguise that I can lend my voice to this incredible organisation, which has been a real support system for me," she says. "We're working on long-term projects in the UK and the US that will raise funds for research and spread awareness, because people don't talk about it enough."

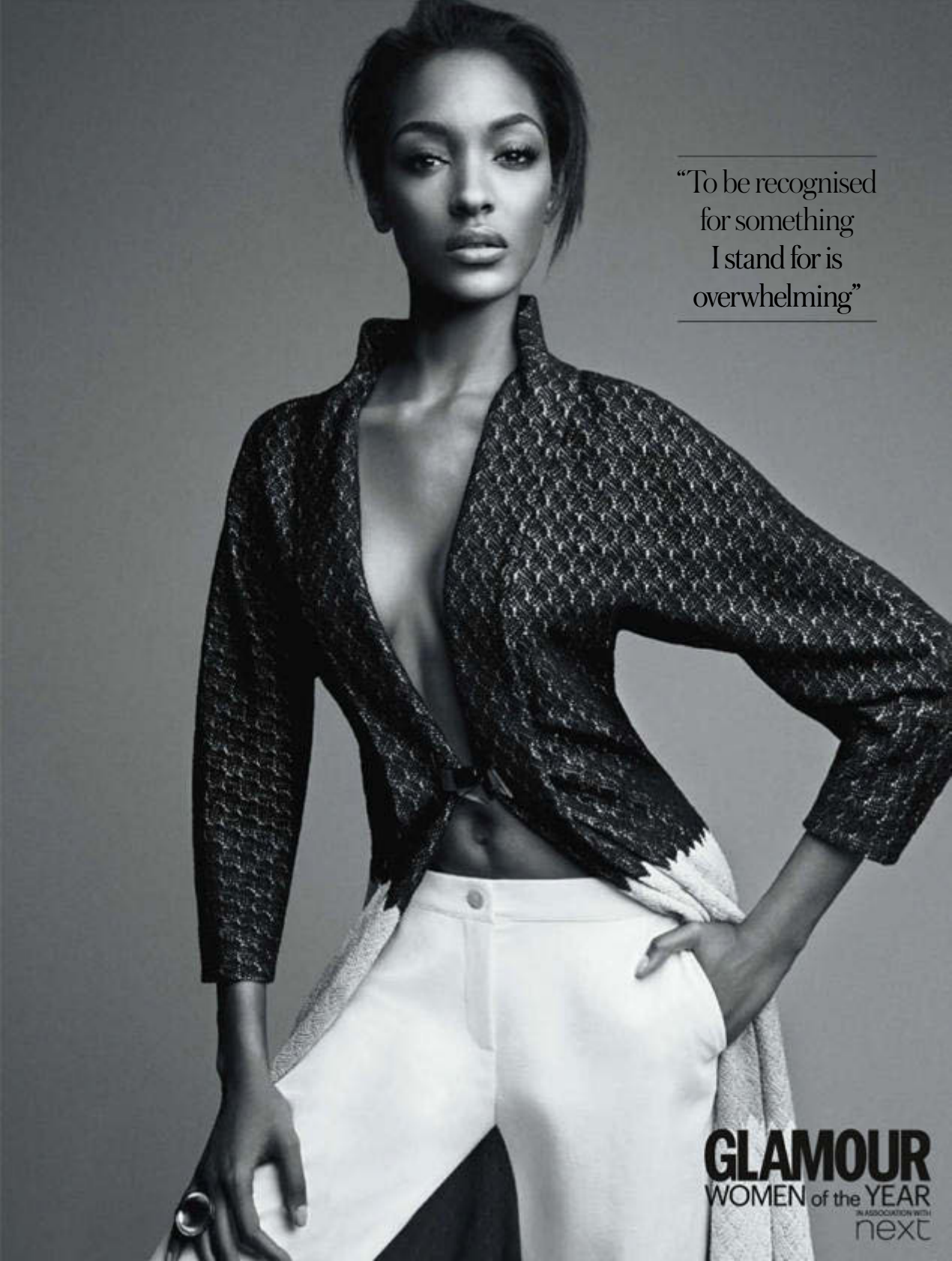
It's not just her charity work that's earned Jourdan her Inspiration award – as one of the highest-paid models in the world, fronting campaigns for Burberry and Maybelline, and regularly gracing the catwalks of Balmain, Prada and Chanel, she has been outspoken about diversity in the fashion industry. And one of this year's highlights has been landing a solo British *Vogue* cover. "When that came out, I felt like I'd finally made it – it was on my list of things I wanted to accomplish in my modelling career. The response it got was really emotional for me."

She is conscious that she is considered a role model, particularly to the thousands of young women who follow her on social media. "It's great to have a platform where I can voice my opinions and say what I want – but I'm careful about what I say. I realise I have a responsibilty," she says. "Sure, I'm going to make mistakes, but I can learn from them. I want the girls who look up to me to learn from their mistakes, too."

Earlier this year, Jourdan's entrepreneurial streak saw her sign a deal with licensing agency Fluid World to create a line of children's and young adults' clothing. "My son is like my muse," she laughs. "He's really interested in his fashion. He's now at a point where he will tell me what he wants to wear!" He's also the motivating factor behind Jourdan's fierce work ethic. "Everything I do is for my son, I want to give him the best future possible," she says. "But I also enjoy doing what I do, and now I'm starting a new, more creative phase in my career, it's really exciting. I love my job." *HW* ▶

PREVIOUS WINNERS INCLUDE
Eva Longoria (2012), Annie Lennox (2008), Angelina Jolie (2007)

Photograph by **Patrick Demarchelier**


"To be recognised
for something
I stand for is
overwhelming"
GLAMOUR
WOMEN of the YEAR
IN ASSOCIATION WITH
next

The Stand-up gal

Wickedly funny, brilliantly talented and a feminist with Tina Fey on speed dial. Amy Schumer is *everything* right now

There was only ever one choice for GLAMOUR's Trailblazer award: the mighty Amy Schumer. "I'm going to start referring to myself as that from now on," Amy says wryly. "When people ask if I'm a feminist, I'll say, 'I'm really more of a trailblazer...'"

Amy's full-pelt approach to comedy had already made her a stand-up star in the US. But it was the third season of her self-penned show, *Inside Amy Schumer*, that took her no-holds-barred humour – which brilliantly observes and skewers antiquated aspects of the female experience – to a worldwide audience. Over a million viewers later, she's been named one of *Time* magazine's 100 Most Influential People, and has a hotly anticipated comedy, *Trainwreck* (which she both wrote and stars in), coming out in August. It looks set to put Amy on the film-making map the same way *Bridesmaids* did with Kristen Wiig.

"I've been working for a long time, but it feels like in the last two months it's just gone crazy," she says. "Women come up to me in the street and hug me. They're very handsy. A guy Tweeted me saying he loved me so much he wanted to eat my shit. I thought, 'Eww!' But I Favourited it."

It seems hardly a week goes by without one of the sketches from *Inside Amy Schumer* going viral. There's the one about how women can't take a compliment (a group of women argue over who's the grossest, and immediately kill themselves when one gracefully accepts praise), and the spoof boy-band video, *Girl You Don't Need Makeup*, which highlights the unrealistic expectations placed on a woman's appearance. To coincide with the video, Amy started the hashtag #girlyoudontneedmakeup. "All these girls Tweeted me pictures of themselves with no make-up. It was beautiful and empowering."

Other comedy gems focus on Hollywood's demands on how women in films should look.

> "I like myself, and people respond to that"

"I'm not the skinniest or prettiest girl," she says. "But who cares? I feel sexy and beautiful. I'm single, but never struggling for suitors. I don't mean to sound cocky, but I like myself, I'm proud of myself and people respond to that. The surgery and starving that comes with Hollywood is sick. I don't want anything bad enough to not eat."

This refreshing honesty is portrayed perfectly in the glorious *Last Fuckable Day* sketch, in which Amy joins Julia Louis-Dreyfus, Patricia Arquette and Tina Fey in celebrating the moment Julia no longer has to maintain her figure because she's no longer deemed young enough to be a sex symbol. "Filming that was the best day of my life," says Amy. "These women – my idols – wanted to be in my sketch. And how we talk in it was how we talked for the whole day. It's like, 'Really? We all have to fight for a scene where we give Jack Nicholson a blow-job? This is bullshit.'" *SR* ▶

PREVIOUS WINNER Kristen Wiig (2014)

Photograph by **Jill Greenberg**

Inside Amy Schumer courtesy of Comedy Central. ©2015 Comedy Partners. All rights reserved


GLAMOUR
WOMEN of the YEAR
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next

The Superstar DJ

From Dumfries to LA with a few million record sales (and one seriously hot ad campaign) in between, Calvin Harris is the man

Calvin Harris is making breakfast. It's 4.20pm on a sunny Sunday and he's just woken up after playing for thousands of screaming fans at superclub Omnia in Las Vegas. "It looks like a spaceship and is the most ridiculous, awesome club I've ever seen," he tells us. "I could see every person in there. It's an overwhelming, amazing feeling."

Hard to believe that ten years ago, Calvin (real name Adam Richard Wiles) was stacking shelves in Dumfries, Scotland. Now, one decade, four albums and a Grammy award later, he's one of the most successful producers in the world. We simply couldn't honour any other Man of the Year. "Forget the Grammys, this is what it's all about!" says Calvin, before admitting, "I'm very surprised, I'm too low-key for a GLAMOUR award." Low-key isn't quite how we'd describe the man whose torso – modelling underwear for Armani – has received almost as much press attention as his No1s. "It was funny seeing some reactions to the shots, because people either didn't know what I looked like, or they remembered me from 2007, when I looked completely different," he says. "I used to eat Burger King and drink Jack Daniel's every day, then I moved to LA and everyone is so healthy here, it made me want to look after myself, so I cut out junk food and hit the gym. Armani is such a legendary brand, so why not show it off a little?" But Calvin brushes off any claim that he's a sex symbol. "The only thing I worry about is how well people like my music." No worries there: Calvin is the highest-paid DJ in the world, commanding £42million in the past year, and he holds the record for the most UK Top Ten singles from one album (nine, from *18 Months*). He's the man responsible for chart-topping hits with Rihanna (*We Found Love*), Ellie Goulding (*I Need Your Love*) and Florence Welch (*Sweet Nothing*). "It's mind blowing," he says. "There's nothing else I can do apart from make music. I left school with no qualifications, went to work in a fish factory and then in a supermarket, where I'd probably still be if I hadn't got a record deal. Although I'd probably be a manager by now, in charge of the poultry section, perhaps. But I wouldn't have my picture next to Rod Stewart's in Vegas's Caesars Palace."

> "Forget the Grammys, this is what it's all about!"

When Calvin's not playing to the biggest crowds, he's tucked away in his studio or hanging out with rumoured girlfriend Taylor Swift (which he'll neither confirm nor deny). He assures us that his life is alarmingly *un*glamorous. "The biggest thing that happened to me this week was getting an inflatable flamingo for my pool," he says. "I've also got a duck and a giant serpent, which you can get three people in and ride down the pool. You can't do that in Scotland." *SR*

PREVIOUS WINNERS INCLUDE
Sam Claflin (2014), Daniel Radcliffe (2013), Tom Hiddleston (2012), Aaron Taylor Johnson (2010), Kanye West (2009)

Photograph by **Gavin Bond**



Styled by David Thomas. Grooming: Candice Birns. Shirt Armani


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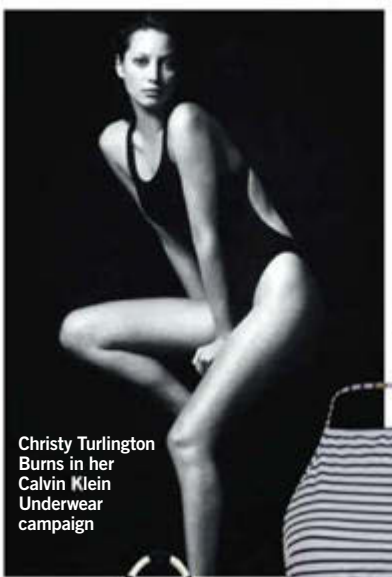
Styled by Lucy Walker. Photograph: Robert Harper. Model: Jenna Roberts at Select. Hair & make-up: Carolyn Gallyer at CLM. Nails: Ami Streets at LMC Worldwide. Fashion Assistant: Lauren Normyle

What's your HOLIDAY PERSONALITY?

WHETHER YOU LIKE TO KEEP IT CHIC AND SIMPLE, GO PALE AND PRETTY OR TAP INTO YOUR INNER BOHEMIAN, WE'VE GOT IT COVERED

Minimalist

TRAVEL LIGHT AND STYLE OUT ANY SITUATION
WITH A SLEEK, MONOCHROME PALETTE



Christy Turlington Burns in her Calvin Klein Underwear campaign



1 **Elastane bikini top** £148 and **bottoms** £145 Araks; 2 **polyester swimsuit** £49 cosstores.com; 3 **polyamide bikini top** £12.99 and **bottoms** £9.99 both hm.com; 4 **acetate sunglasses** £210 Oliver Peoples; 5 **cotton tote** £245 Kate Spade New York; 6 **polyamide bikini set** £28 topshop.com 7 **polyamide bikini top** £53 and **bottoms** £37 both Huit; 8 **leather sliders** £65 dune.co.uk; 9 **elastane bikini** £176 odabash.com

Feminine

CHANNEL THE CHLOE VIBE WITH PALE SHADES AND GIRLIE SHAPES



Chloé S/S15 was effortlessly elegant



1



2



3



4



5



6







7



8



9

1 **Metal sunglasses** £125 Marc By Marc Jacobs at veryexclusive.com; 2 **polyester slip dress** £58 freepeople.co.uk; 3 **nylon bikini top** £125 and **bottoms** £85 both prismlondon.com; 4 **cotton bikini top** £58 and **bottoms** £50 both She Made Me at matchesfashion.com; 5 **nylon bikini top** £35 and **bottoms** £30 both reiss.co.uk; 6 **nylon and cotton bikini** £20 dorothyperkins.com; 7 **rubber sandals** £30 clarks.co.uk; 8 **cotton and nylon swimsuit** £295 Michael Kors; 9 **viscose blouse** £95 Comptoir des Cotonniers ▶

Bohemian

MIX PRINTS, TEXTURES AND ACCESSORIES
FOR A LOOK THAT SAYS 'WELL TRAVELLED'



Take inspiration from boho icon Talitha Getty

1 **Nylon bikini** £182 Zimmermann at matchesfashion.com; 2 **plastic sunglasses** £345 Sportmax at matchesfashion.com; 3 **cotton bikini top** £26 and **bottoms** £18 both asos.com; 4 **paper hat** £22 accessorize.com; 5 **cotton jacket** £69.99 mango.com; 6 **polyester bikini top** £17.99 and **bottoms** £11.99 both newlook.co.uk; 7 **polyamide swimsuit** £330 Eres; 8 **cotton bag** £335 Couverture & The Garbstore 9 **mesh swimsuit** £269 Maje x Tooshie at uk.maje.com; 10 **leather sandals** £89.99 zara.com

Surfer girl

RIDE THE WAVES IN TECH FABRICS AND SPORTY SHAPES



Gemma Ward has perfected surfer chic



1



2



3



4



5



6



7





8



9

1 **Polyester and fibreglass surfboard** £319 torq-surfboards.com; 2 **neoprene wetsuit** £168 cynthiarowley.com; 3 **polyamide bikini** £295 Flagpole Swim at net-a-porter.com; 4 **nylon bag** £130 hunterboots.com 5 **polyester and rubber sandals** £50 Teva at office.co.uk; 6 **polyamide swimsuit** £75 Lacoste; 7 **polyester visor** £15 Nike at net-a-porter.com; 8 **nylon swimsuit** £39.50 jackwills.com; 9 **elastane bikini** £226 odabash.com ▶

Glamorous

TAKE BRIGITTE BARDOT AS YOUR STARTING POINT, AND OPT FOR STRONG COLOURS AND RETRO SHAPES



Brigitte Bardot – the ultimate glamour queen



1 **Nylon bikini** £30 next.co.uk; 2 **nylon swimsuit** £19.99 newlook.co.uk; 3 **straw hat** £310 Eugenia Kim at net-a-porter.com; 4 **nylon bikini top** £106 and **bottoms** £85 both prismlondon.com; 5 **nylon swimsuit** £58 figleaves.com; 6 **nylon bikini top** approx £74 and **bottoms** approx £42 both juicycouture.com; 7 **canvas shoes** £95 KG at kurtgeiger.com; 8 **cotton dress** £30 riverisland.com; 9 **acetate shades** £105 bimbaylola.com; 10 **nylon bikini** £176 odabash.com G

By Lucy Walker and Charlotte Lewis. Photographs: Scope Features, Jason Lloyd-Evans, Corinne Day, Magnum Photo, Patrick Lichfield, Philippe Halsman/Magnum Photos. Still lifes: Sudhir Pithwa


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The swimwear edit

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Swimsuit £49 cosstores.com



Bikini £50 kurtgeiger.com



Bikini top £16 and **bottoms** £12 both warehouse.co.uk



Bandeau top £28 and **bottoms** £22 both frenchconnection.com



Swimsuit £50 Evil Twin at asos.com



Bikini top £12.99 and **bottoms** £7.99 both newlook.com

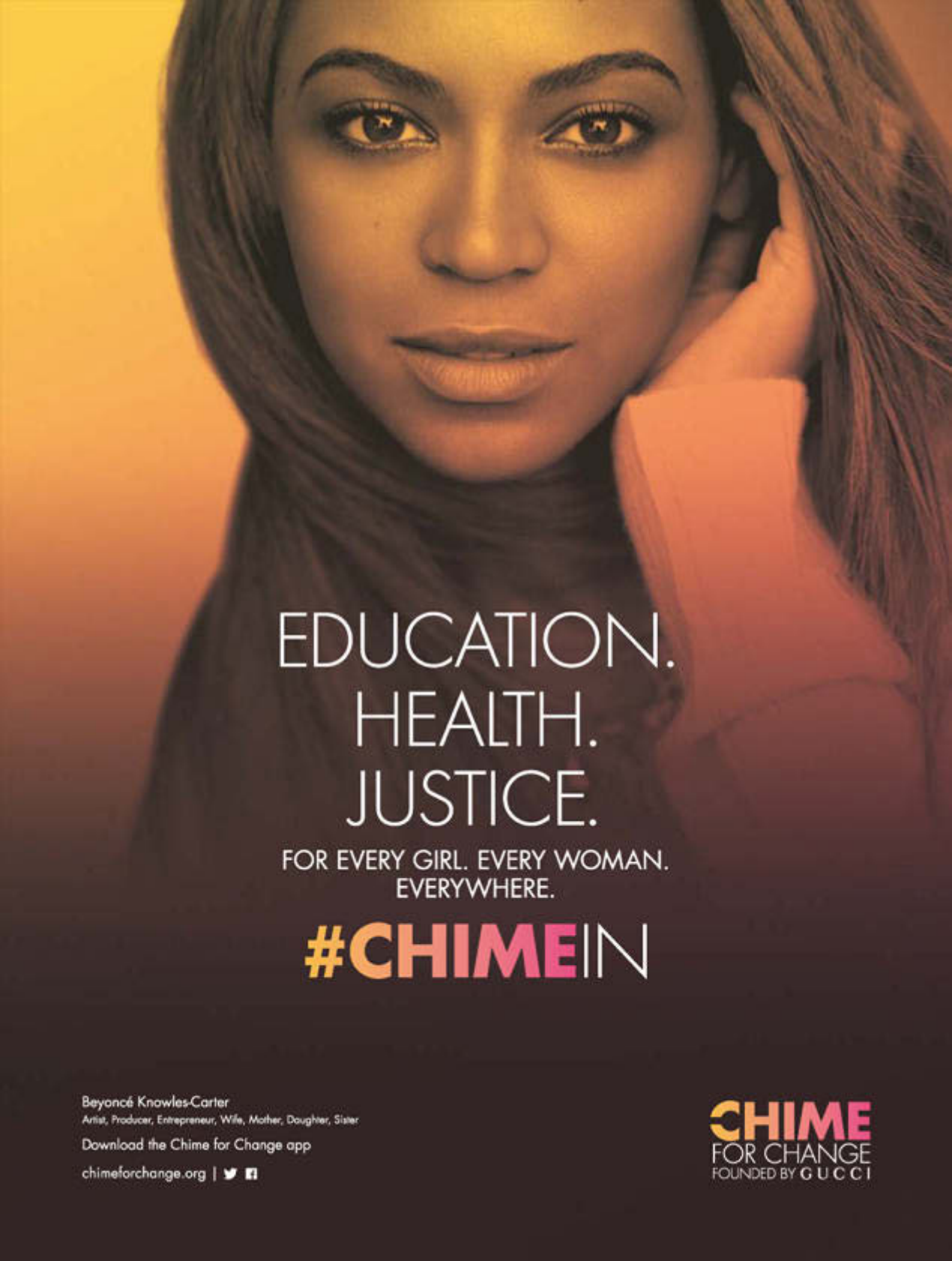


Bikini £34 topshop.com



Bikini top £12.99 and **bottoms** £7.99 both hm.com

Styled by Holly White


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5 NEW BRANDS WE LOVE

THE HOTTEST SWIMWEAR TO BE SEEN IN THIS SUMMER



DUSKII

Activewear never looked chicer, thanks to co-founders Lucia Plane and Patreece Botheras. Having grown up on the beaches of Australia, the duo saw a gap in the market for surfers and swimmers who want function, but not at the expense of great style.



Neoprene bikini top £100 and **bottoms** £80 both Duskii at net-a-porter.com

Elastane bikini top £135 and **bottoms** £70 both Araks at harveynichols.com

ARAKS

Having launched with a lingerie line in 2000, designer Araks Yeramyan recently branched out into swimwear. Her aesthetic is seriously cool – simple graphic shapes in a rainbow of shades – and she already has the seal of approval from the likes of Sarah Jessica Parker and Sofia Coppola.



Polyamide swimsuit £140 Zeus+Dione at matches fashion.com

ZEUS+DIONE

Designers Mareva Grabowski and Dimitra Kolotoura have **looked to their Greek heritage for inspiration to create their collection of bikinis and one-pieces. We love their use** of colour and simple shapes.



Nylon bikini top £87 and **bottoms** £87 both marysiaswim.com



Polyamide-mix swimsuit £285 Flagpole Swim at net-a-porter.com

FLAGPOLE SWIM

Beach lovers Megan Balch and Jaime Barker are the Florida-raised, New York-based designers behind this brand. Their practical designs in unusual colour combinations will withstand the surf, but won't look out of place beside a city pool.

MARYSIA SWIM

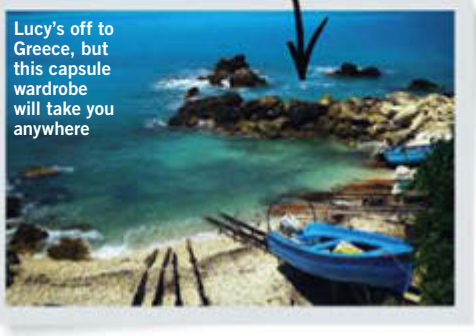
Former ballet dancer Maria Dobrzanska Reeves' range is seriously covetable: think perfectly cut, super-flattering shapes in high-quality fabrics. This season, she's all about scalloped edges – and we want it all.



By Lucy Walker

GOING HERE? PACK THESE

SHOPPING EDITOR LUCY WALKER SHARES HER HOLIDAY ESSENTIALS



1 **White cotton T-shirt** £9.95 gap.co.uk and **navy cotton T-shirt** £17 uk.intimissimi.com; 2 **18-ct rose-gold choker** price on request Vanrycke; 3 **cotton towel** £30 Hedgehog; 4 **plastic shades** £15 next.co.uk; 5 **cotton shirt** £165 Laurence Dolige; 6 **denim-mix bikini top** £110 and **bottoms** £76 both prismlondon.com; 7 **silk-mix shorts** £150 pinko.it; 8 **suede bag** £195 russellandbromley.co.uk; 9 **cloth-bound classic books designed by Coralie Bickford Smith** £14.99 each Penguin; 10 **suede hat** £59.99 H&M Studio; 11 **suede heels** £515 Gianvito Rossi at net-a-porter.com; 12 **denim cotton skirt** £75 APC; 13 **leather sandals** £211 Newbark at matchesfashion.com; 14 **leather bag** £300 Madewell at net-a-porter.com; 15 **X-E camera and leather case** both from a selection leica-storemayfair.co.uk

Photographs: Getty Images. Still lifes: Sudhir Pithwa

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Natalie Hartley wears ... WHITE

It's the blank canvas that goes with everything – and this summer, we're wearing it head to toe



White and nude: this perfect summer combination gives your outfit a '70s twist

Cotton dress £29.99 H&M Studio at hm.com; **cashmere T-shirt** £159 Jean Colonna; **leather heels** £266 Maryam Nassir Zadeh

Want an athletic summer look? Try these shorts and a vest. Matching your fabrics keeps the outfit glam, and makes for a great day-to-night look (just switch your shoes)

Cotton top £75 woolandthegang.com; **cotton shorts** £165 Michaela Buerger; **leather trainers** £12 Dunlop at sportsdirect.com

Loose shapes look great in white, and can create a beautiful silhouette. Try off-white, too, for a less stark alternative

Cotton dress £420 acnestudios.com; **cashmere T-shirt** (just seen) £159 Jean Colonna; **cotton and leather heels** £356 zoelee.co.uk

Follow Natalie on Instagram @nataliehartleywears

Photographs: Johanna Nyholm

Be a cartoon hero

AS THE MINIONS TEAM UP WITH THE CREAM OF FASHION, IT'S OFFICIAL: CARICATURE COUTURE IS HAVING A MOMENT



Polyester-mix top £30 and **polyester-mix leggings** £35 both Criminal Damage at selfridges.com

Photographs by **Sigurd Grünberger**



Sequin dress
price on request
Giles Deacon at
selfridges.com



Acrylic and Perspex cap
£280 Piers
Atkinson at
selfridges.com ▶



Cotton top and **cotton joggers** £55 each Criminal Damage at selfridges.com



Cotton denim jacket £395 and **cotton denim jeans** £235 both SJYP at selfridges.com

After SpongeBob SquarePants ruled the catwalk last season, it was only a matter of time before fashion had another animated moment. And it's arrived in the form of the Minions, the scene-stealing sidekicks from the *Despicable Me* films, who star in their own spin-off movie (called, you've guessed it, *Minions*) which opens on June 26.

In the film, Minions Kevin, Stuart and Bob travel through history from prehistoric times to the swinging '60s in order to find the ultimate evil overlord, and in the process become accidental style icons. British designers Giles Deacon, Rupert Sanderson, Tatty Devine, Criminal Damage and Piers Atkinson, plus premium South Korean denim brand SJYP, have tapped into this theme, and created an exclusive capsule collection for Selfridges to give the Minions their high fashion debut this month.

SJYP has created a twist on the must-have piece of the summer (and a Minion trademark), the dungarees, while Giles has given the '60s mod target a Minion makeover with a sequined shift dress in the distinctive 'Minion Yellow' (it's now an official colour in its own right, people – it's in the Pantone reference book). Meanwhile, Piers Atkinson and Criminal Damage have given the Minions a streetwear makeover with caps and beanies, and cheeky print joggers, leggings and crop tops. Style them with a knowing nod.

The Minions Bello Yellow Collection is in Selfridges in June. See GLAMOUR.com for more on *Minions*



Cotton denim overalls £265 SJYP at selfridges.com; **Perspex necklace** £45 Tatty Devine at selfridges.com

By Helen Whitaker. Fashion Editor: Lucy Walker. Fashion Assistant: Daisy Toogood. Make-up: Natsumi Narita using Bobbi Brown. Hair: Yoshitaka Miyazaki using Bumble and bumble. Model: Xiaomeng Huang at Viva London

GLAMOUR LOVES

Our guide to this month's must-haves



AHOY, SUMMER

Say it with stripes this season – and what cuter way than this dress, £89, from Petit Bateau? It's totally nauti-cool (sorry…). petit-bateau.co.uk



SUPER SHADES

Sun. Shades. Céline. The perfect summer combination. Now, if someone wants to find us a nice roof garden and hand us an Aperol spritz, that would be splendid, thanks. £285. 00800 7234 5600



LOOK SHARP

…in perfect tailoring. And it doesn't get better than this MaxMara blazer. Smart and chic, it's a timeless classic that will always be in style. Blazer £1,330 and shirt £260. maxmara.com

SPARKLE TIME

Statement earrings are having a moment, and these can be worn two ways – as an elegant pearl stud or with the added crystals for extra wow. Two looks, one pair? We're sold. £59 swarovski.com



STEP IT UP

Flats are most definitely the way forward – and these Loriblu sandals will add a stylish Riviera vibe to any outfit (ideal when you're actually stuck in the office and very far away from the seaside, sigh…). £375 loriblu.com

By **Claudia Mahoney** and **Jo Holley**

IT'S A RING THING

Pile on, stack up, look cool – we can't get enough of rings right now. And this sparkly number is a hot contender for any jewellery lover's collection. 9kt rose-gold half pavé diamond ring £550 hall-collection.com



PRETTY IN PRINTS

Fashion hook-ups don't get more chic than this one between Oasis and the Victoria and Albert Museum. Working with 11 botanical prints from the V&A's archive, this capsule collection has 'smash hit' written all over it. Dress £32 oasis-stores.com



GOOD SCENTS

Give your fragrance collection a fruity, floral twist with Valentina Pink. Think notes of peony, strawberry, blackberry and rose – plus one seriously pretty bottle. £59 for 50ml EDP Valentino Parfums.





DENIM DAYS

Well hello, denim romper. Where have you been all our life? We didn't know we needed you 'til we saw you, but now, it's you, us and sunny weekends, cool parties, Frisbee in the park, festivals and, oh, you get the point… Basically, you're ace. £225 AG Jeans at harrods.com

SHINE ON!

Turn heads in these metallic wonders – guaranteed entrance makers. £195 2ndday.com



Eyes on...



…Lupita Nyong'o, who, along with Lily Collins, Kate Winslet and Penélope Cruz, stars in Lancôme's new glossy campaign for Genifique Yeux Light-Pearl, shot by Mert & Marcus. Here's hoping we get a bit of Lupita's gorgeousness by using it, too. £46 lancome.co.uk ▶

We love this



Vest £305
bimbaylola.com



STYLE HIT

It's tennis season, and Polo Ralph Lauren celebrate ten years as the official outfitters at Wimbledon with this sport-chic dress, £160. Just team your look with some strawberries and cream and you're all set. ralphlauren.com

HIGH TECH

Fashion news: trainers go with *everything* these days (as if we needed an excuse to buy more), so these hot pumps from the newly launched Emporio Armani Techno collection are a wardrobe sure thing. On your marks, get set, shop! £345 armani.com



TRES BON!

When it comes to French style, Comptoir Des Cotonniers has you covered. So make it your first stop if you're after off-duty cool – we're thinking something a little bit (OK, a whole lot) like this... Jacket £210, jumper £95, jeans £110, shoes £205 comptoir descotonniers.co.uk



RISE AND SMILE

Wake up to whiter teeth, thanks to this overnight beauty serum. Sounds like a dream product to us. Pearl Drops Beauty Sleep £3.49 boots.com



Photographs: Getty Images. Still lifes: Sudhir Pithwa

JUST ADD SUN

Find the perfect bikini for your holiday with our two-piece edit



THAILAND
Top £7.99 and **bottoms** £11.99 both newlook.com





INDIA
Top £18 and **bottoms** £14 both warehouse.co.uk

MEXICO
Top £19.99 and **bottoms** £14.99 both mango.co.uk





COTE D'AZUR
Top £17 and **bottoms** £15 both accessorize.com

THE BALEARICS
Top £32 and **bottoms** £24 both Freya at figleaves.com





FLORIDA
Top £24.99 and **bottoms** £19.99 both superdry.com







ITALY
Top £53 and **bottoms** £38 both Seafolly at cocobay.co.uk

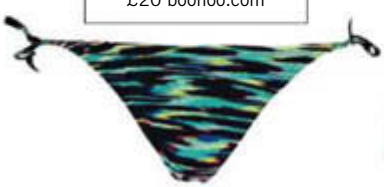
CROATIA
£70 bimbaylola.com



JAMAICA
Top £32 and **bottoms** £16 both calzedonia.it G



SOUTH AFRICA
£20 boohoo.com





FREE SPIRIT

DO SUMMER IN SOFT FOCUS WITH PRIMARK'S NEW COLLECTION. THINK '70S NOSTALGIA, SOFT TEXTURES AND PRETTY JEWELS.



Opposite page **Blouse** £12/€13; **jeans** £15/€19; **sandals** (just seen) £12/€15; **necklaces** £4/€5; **rings** £3/€4 for a pack of six

This page **Cape** £20/€20; **kimono** £15/€18; **shorts** £10/€13; **hat** £8/€10; **necklace** £4/€5; **rings** £3/€4 for a pack of six



This page **Cape** £16/€22; **dress** £13/€14; **boots** £12/€20; **hat** £8/€10; **belt** (just seen) £3/€5; **rings** £3/€4 for a pack of six

Opposite page **Dress** £8/€12; **ring** £3/€4 for a pack of six



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MAX MARA

BRIGHTEN UP



MATTHEW WILLIAMSON

LOAD YOUR LIDS WITH STATEMENT EYESHADOW FOR A BOLD TAKE ON SUMMER MAKE-UP



EMANUEL UNGARO



From left **Eyeshadow in Vivid Red** £11 shuuemura.co.uk; **Color Tattoo 24hr Cream Gel Eyeshadow in Endless Purple** £4.99 Maybelline; **Eyeshadow in Anja** £15.50 illamasqua.com

By Dominique Temple. Photographs: Jason Lloyd-Evans. Still lifes: Jody Todd

The month in beach beauty

31 LOOKS FOR YOUR PRETTIEST SUMMER YET – JUST ADD SUNSHINE. BY DOMINIQUE TEMPLE


GISELE BUNDCHEN

1 Protect your skin with a minimum SPF30, even if you have olive skin


RIHANNA

2 Go super-glamorous on the beach with red lipstick


MARCHESA

3 Channel a hippie vibe with a pretty floral headband



4 Lacquer in Push The Limit £10.50 Orly


GIGI HADID

5 Strike your best model pose with fun bright sunglasses, like Gigi


VIONNET

6 Playing sport? Slick hair back and up into a neat ponytail


DSQUARED2

8 Have some fun at the beach with a statement bikini


7 Terracotta Bronzing Powder £37.50 Guerlain


CAROLINA HERRERA

9 For a pop of colour, add a pink lip


BARBARA CASASOLA

10 Spritz on texturising spray and tie lengths into a wet-effect pony


JESSICA ALBA

11 Get Jessica's pretty beach waves by using a salt spray


PORTS 1961

12 Add a sparkle under your lashline for a holiday gleam



13 Bronze Goddess Eau Fraîche Skinscent £47 esteelauder.co.uk

Photographs: Pacific Coast News, Jason Lloyd-Evans, Fame Flynet, INF Photo, Bancroft Media, Splash, Rex Features, Rosie Huntington-Whiteley/Instagram. Still lifes: Jody Todd



14 Be a Chloé girl and pair dewy skin with tousled waved hair



15 Keep it chic and protect hair from the sun with an elegant turban



16 Body Butter with Lime & Coconut £5 Mandara Spa



17 Get a post-beach glow like Candice Swanepoel and moisturise with a body oil



20 Let your hair dry naturally and pull back into hippie braids



21 Exercise *and* get a tan, like Doutzen



18 Complement beachy waves with a boho print



19 A Panama hat makes the best beach accessory



22 Sculpt along your cheekbones for a contoured, bronzed look



24 Série Expert Solar Sublime Conditioning Spray £12.90 L'Oréal Professionnel

23 Wash And Dry Lipstick in Morange £17 maccosmetics.co.uk



25 Draw on cute star tattoos like Kendall Jenner for a fun take on summer beauty



26 Accessorise with body jewellery, like Queen B



27 Dress mermaid waves with a beautiful shell headband



31 Dress up your bikini with body art, like Rosie



28 Maestro Liquid Summer £39 Giorgio Armani



29 Throw your hair up into a messy topknot



30 Get that surfer-girl look with a deep side-parting

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THE NEW TAN PLAN

ALL YOU NEED FOR YOUR BEST (AND EASIEST) SUMMER GLOW. BY SARAH JOSSEL



"For many of us, tanning has become part of our everyday beauty regime," says tan expert James Read. "It's no longer a daunting process we shy away from." Natalie Roche, managing director of Xen-Tan UK, adds, "Brands are now launching fail-safe formulas and products packed with skincare ingredients." Say goodbye to biscuit scents and fake-tan faux-pas, and hello to the super-easy self tans.



FOR PREP

Polishing Body Scrub £11.95 Sienna X – it gently buffs away imperfections and primes skin for tan time.



FOR EVERY DAY

Body: **Radiance-Plus Golden Glow Booster for Body** £26 clarins.co.uk. Mix four to six drops into your body moisturiser for a head-to-toe natural glow. Face: **Flash Bronzer Night-Sun** £24 lancome.co.uk. Tailored to your skintone, plus it plumps and hydrates skin.



FOR EVERY WEEK

Fresh Tanning Mousse £33.99 xen-tan.co.uk. The fast-drying formula allows you to get dressed straight after application – and the highly moisturising formula helps your tan last and last.

FOR EVERY OTHER DAY

Overnight Ageless Tanning Balm £22.50 he-shi.eu. Smooth onto dry, unmoisturised skin for a deep golden glow, then reapply every two days for a bronzed-goddess complexion.



2 NEW BUYS WE LOVE

1 Gradual Tan In Shower £14.50 sttropeztan.co.uk. Always been told to avoid water straight after you've had a spray tan? Scrap that. This formula activates on wet skin. **HOW?** Wash body → Turn off the shower → Apply lotion all over wet skin → Wait three minutes → Turn on the shower again → You're good to glow.

2 Tan Perfecting Enzyme Peel Mask £15 jamesreadtan.com. A genius skin-perfecting mask for pre- and post-tan. Pre: apply before for an even, smooth glow. Post: use three days after applying tan to help the colour fade easily. **HOW?** Apply all over the face and neck, leave on for ten to 20 minutes, gently peel off and rinse with water. ▶



The GLAMOUR beauty team talk tans



ALESSANDRA STEINHERR
BEAUTY DIRECTOR

"I always tan in the evening, then go to bed and wash it off in the morning."

MY 3 KEY STEPS

1 "I exfoliate the morning of my tan and then don't apply moisturiser, so my skin soaks up the tan properly."

2 "I always use a mitt to apply my tan so that I don't get streaks. I start at my feet and work my way up – face last."

3 "As I sleep with tan on, I wear a long-sleeved black cotton shirt and black sweatpants."



MY TOP TIP
"My first post-tan shower is as cold as I can bear. Hot water lifts the tan off – so I make it as cold and fast as possible."

MY KIT

- **pHenomenal 2-3 Week Tan Mousse in Dark** £25 Vita Liberata. "It lasts for ten days and fades like a natural tan."
- **Argan & Passion Flower Dry Oil** £40 Vita Liberata. "It's a dry oil, so won't remove tan."



SARAH JOSSEL
ACTING DEPUTY BEAUTY EDITOR

"I just tan the bits on show."

MY 3 KEY STEPS

1 "For my face, I exfoliate in the morning, then before bed, I remove my make-up and apply self tan like a moisturiser."

2 "I rely on a mitt and wash-off tan for arms and legs – I don't trust myself with anything too long lasting."

3 "I work out what I'm wearing and then apply instant tan in circular motions to the exposed areas. If I see any streaks, I gently layer on another coat."



MY KIT

- **Self Tanning Hydrating Facial Skin Care** £83.50 Sisley. "It never gives me spots and delivers a natural bronzed complexion."
- **Wash Off Tan Body** £18.50 jamesreadtan.com. "This gives the most amazing golden finish."



MY TOP TIP
"If you're tanning for a holiday, book in for a professional spray tan. You don't have the worry of missing areas or it looking unnatural."



GRACE TIMOTHY
CONTRIBUTING BEAUTY EDITOR

"I apply it in my shower cubicle – it's easier to clear up any drips."

MY 3 KEY STEPS

1 "I rub moisturiser into cuticles, nails, brows and heels to stop staining."

2 "I apply self tan in quick buffing motions, from the ankles up with a mitt, using any residue left on there to do my feet at the end."

3 "I finish with a wet wipe across my palms."



MY TOP TIP
"Remove all jewellery. Rings can leave marks, not to mention the way tan can discolour necklaces and earrings."

MY KIT

- **Ultimate Tanning Mitt** £4.99 Fake Bake. "This guarantees a smudge-free finish. I use the soft side to buff problem areas, such as my wrists and ankles."
- **Express Liquid Tan** £20 he-shi.eu. "The colour guide helps me make fewer slip-ups and it's the perfect shade for my very pale skin – not orange at all!"



DOMINIQUE TEMPLE
SENIOR BEAUTY ASSISTANT

"I'm not a big DIY tanner – I only treat myself for special events."

MY 3 KEY STEPS

1 "I stand in front of a full-length mirror, so I can see where I am applying."

2 "I'm always after a light glow, so I never sleep with it on."

3 "I tie my hair up and apply a layer of Vaseline along my brows to protect them from tanning lotion."



MY TOP TIP
"To avoid a patchy finish, prep your skin with a super-hydrating moisturiser at least 24 hours before your tan."

MY KIT

- **Exfoliating Body Cream** £31.50 decleor.co.uk. "It not only exfoliates, but also leaves my skin extra smooth."
- **Self Tan Express Advanced Bronzing Mousse** £33 sttropeztan.co.uk. "I find the tinted colour extra useful, as I can see where I'm applying and buff out any streaks." G

Photographs: David Gubert. Still lifes: Jody Todd

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SELF TAN EXPRESS MOUSSE

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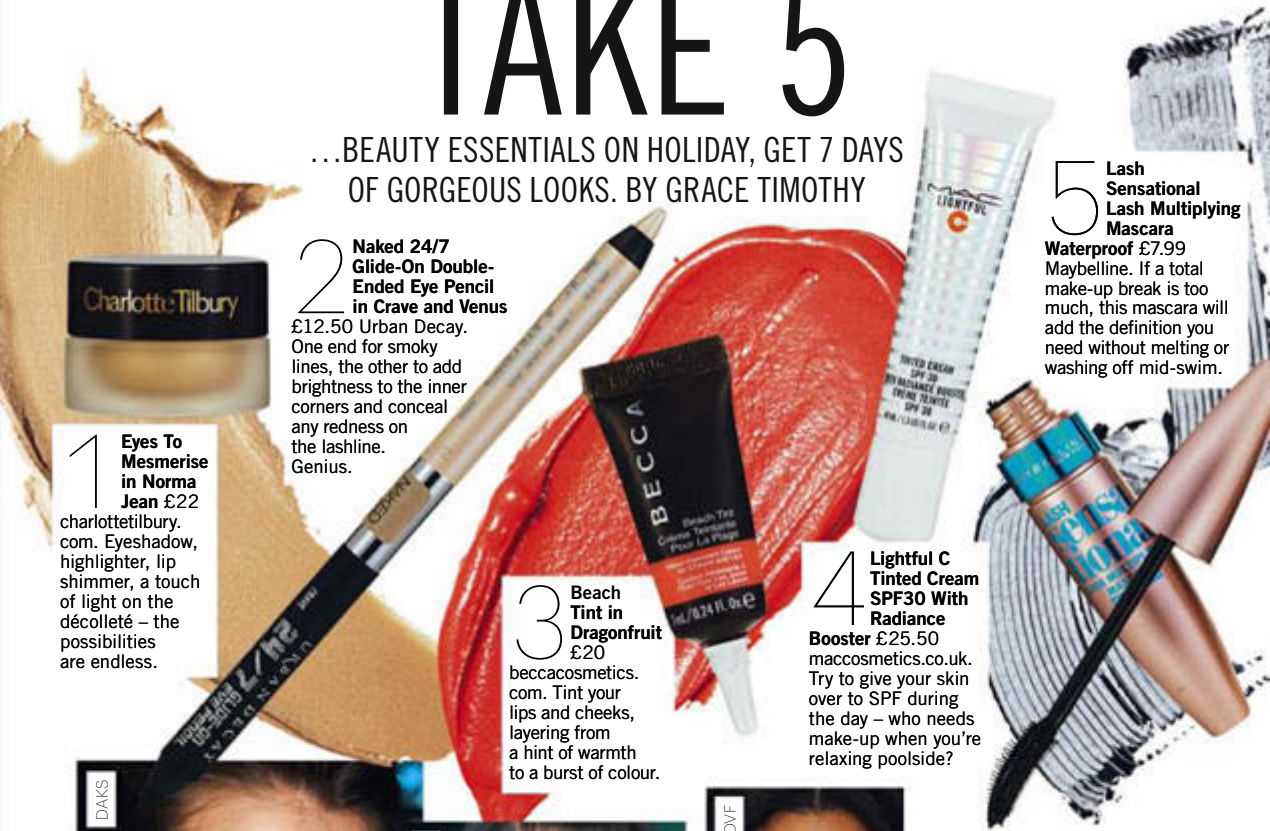


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For more information, talk to Dove @DoveUK or visit dove.com.

TAKE 5

...BEAUTY ESSENTIALS ON HOLIDAY, GET 7 DAYS OF GORGEOUS LOOKS. BY GRACE TIMOTHY



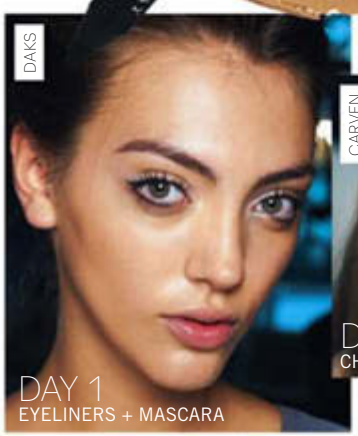
1 Eyes To Mesmerise in Norma Jean £22 charlottetilbury.com. Eyeshadow, highlighter, lip shimmer, a touch of light on the décolleté – the possibilities are endless.

2 Naked 24/7 Glide-On Double-Ended Eye Pencil in Crave and Venus £12.50 Urban Decay. One end for smoky lines, the other to add brightness to the inner corners and conceal any redness on the lashline. Genius.

3 Beach Tint in Dragonfruit £20 beccacosmetics.com. Tint your lips and cheeks, layering from a hint of warmth to a burst of colour.

4 Lightful C Tinted Cream SPF30 With Radiance Booster £25.50 maccosmetics.co.uk. Try to give your skin over to SPF during the day – who needs make-up when you're relaxing poolside?

5 Lash Sensational Lash Multiplying Mascara Waterproof £7.99 Maybelline. If a total make-up break is too much, this mascara will add the definition you need without melting or washing off mid-swim.



DAY 1
EYELINERS + MASCARA



DAY 2
CHEEK TINT + HIGHLIGHTER



DAY 3 EYELINERS
+ HIGHLIGHTER



DAY 4 EYELINERS



DAY 5 CHEEK TINT
+ EYELINERS + MASCARA



DAY 6
CHEEK TINT + MASCARA



DAY 7 HIGHLIGHTER
+ EYELINERS + CHEEK TINT

Photographs: Jason Lloyd-Evans. Still lifes: Jody Todd

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www.veet.co.uk

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LAB FAB

GRACE TIMOTHY DECODES SKINCARE'S CRAFTY NEW TECHNOLOGIES

ANEW CLINICAL PRO LINE CORRECTOR TREATMENT £32 AVON
What's in it? A-F33+.
What does it do? An update on Avon's cult line treatment, adding in anti-inflammatory Pouzolzia and damage-repairing palmitoyl tetrapeptide-7. What that means is that more collagen is produced and the existing collagen is repaired.
Great for Fine lines.

WAKE WONDERFUL NIGHT-TIME FACIAL £32 REN AT SPACENK.CO.UK
What's in it? Lactic and glycolic acid.
What does it do? Both ingredients lift dead skin cells and dirt to reveal smoother, brighter skin beneath. This little gem also contains sodium lactate, which helps the skin stay hydrated.
Great for Congested skin.

EARLY DEFENCE DAY CREAM £19.50 No7 AT BOOTS.COM
What's in it? Double Defence technology.
What does it do? It's a genius, super-charged combination of antioxidants and UVA protection, which forms a mighty defence against the sun and environmental nasties. Basically, it's a double whammy against the first signs of ageing.
Great for Dehydrated skin.

DRAMATICALLY DIFFERENT MOISTURIZING CREAM £30 CLINIQUE.CO.UK
What's in it? Dimethicone.
What does it do? This is a richer version of the original DDM Lotion, with the addition of dimethicone – a very effective emollient – to smooth and soothe the driest skin. It also contains higher levels of glycerin and hyaluronic acid, both of which attract and retain moisture.
Great for Very dry skin.

NUTRITIOUS VITALITY8 RADIANT DUAL-PHASE EMULSION £48 ESTEELAUDER.CO.UK
What's in it? Pomegranate8 Complex.
What does it do? It's basically a powerhouse combo of antioxidants to fend off skin-damaging free radicals, vitamins to strengthen and support cells in their daily turnover, and water to hydrate.
Great for Dull skin.

Z LUMINOUS BRIGHTENING SERUM £135 ZELENS
What's in it? Niacinamide.
What does it do? Niacinamide – or vitamin B3 – improves elasticity, tackles discolouration and brightens dull skin. Add in exfoliating phytic acid and brightening, anti-inflammatory zinc-glycine and you've got yourself a dark-spot zapper in a bottle.
Great for Discolouration.

Still lifes: Jody Todd

THE Blush UPDATE

BRUSH IT, DAB IT OR PAINT IT – OUR NEW-GEN EDIT IS PRETTY IN PINK. BY GRACE TIMOTHY



1 Gel Colour in Flawless £22 illamasqua.com; **2 Diorskin Nude Tan Tie Dye Edition Blush in Pink Sunrise** £40 Dior; **3 Aqua Blush 12Hr in Pink Twice** £8.99 Bourjois; **4 Halo Long Wear Blush in Passion** £24 smashbox.co.uk; **5 Pop Of Passion Blush Balm in Posy Passion** £20 bareminerals.co.uk; **6 Cheek Pop in Pink Pop** £16.50 clinique.co.uk; **7 Les Beiges Healthy Glow Sheer Colour Stick in Blush No21** £32 Chanel

Still lifes: Jody Todd

"IS NOT A KISS THE VERY AUTOGRAPH OF LOVE?"
HENRY FINCK, AUTHOR

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ROLAND MOURET

WORK

La Laque in Are You Reddy? £6.49 Bourjois


REED KRAKOFF

MID-WEEK DRINKS

Bold High-Gloss Lacquer in Iconic Ottanio £20 Gucci



BEACH

Chat Me Up Nail Paint in Beach Please £7 urcheeky.com



DATE NIGHT

Nail Lacquer in Cherry Berry £11 soignenails.com



A nail for everything

WHATEVER YOU'RE UP TO THIS SUMMER, THERE'S A MANI TREND FOR YOU. BY GRACE TIMOTHY


ANNA SUI


ALEXIS MABILLE

DINNER WITH FRIENDS

Nail Lacquer in Positive Energy £8 Nicole by OPI

BBQ

ncLA Nail Wraps in What Filter Should I Use? £12 feelunique.com




LACOSTE

JOB INTERVIEW

The New White Polish in Lilly Road £14 nailsinc.com

Photographs: Jason Lloyd-Evans. Still lifes: Jody Todd



MEETING THE PARENTS

Nail Polish in Schools Out £5.99 Lottie London



GIRLS' NIGHT IN

Nail Lacquer in Vegas Post Apocalyptic £19 Smith & Cult



WORK DO



High Tea Nail Lacquer in Ruby Murray £12 Butter London

PUB LUNCH

Nail Polish in Stylenomics £7.99 Essie Nail Lacquer



NIGHT OUT

Instant Metallic Nail Wraps in Silver £6.99 stylondon.com



WEDDING

Oxygenated Nail Lacquer in Hope £14.50 nailberry.co.uk



WEEKEND AWAY

Monochrome Manicure £19 ciate.co.uk



Do your base coat and when dry, apply a template sticker to one or all of your nails. Paint over the nail in black or white and leave to dry completely. Remove the template sticker and then apply a top coat to seal.

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VO5 ultimate HOLD HAIRSPRAY

Also in handy handbag size. x



[1]Based on 3 consecutive years Nielsen RMS Total Scantrack, client defined Hair Styling Value Sales to 52 w/e 16 August 2014 (UK) Copyright © 2014, The Nielsen Company.

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#ASKAlex

Insider advice from our Beauty Director, Alessandra Steinherr. This month: hair extensions

Here is a secret: I've had hair extensions for the past three months and no one's noticed – not one soul. It started as an experiment. I've always had a thing against them – I felt I could tell they looked fake and, somehow, contrived. Then in comes Shane O'Sullivan (pictured right), founder of Easilocks. There was something about the way he understood my reservations that made me trust him. I was very clear, it had to look real, and like my own hair. I didn't want it much longer, just a bit fuller.

Shane and I agreed to keep it quiet and see if anyone noticed. I was convinced I'd get caught out as soon as I got back to the office, but no amount of hair-flicking initiated any comment. I was gobsmacked – not even my eagle-eyed team have said anything, to this day. And the biggest accolade came from Alexa Chung: at a recent dinner, she said, "You really have dream hair" – when the queen of cool compliments your hair, you know you're on to a good thing. And though I was sure I'd want them out within days, I'm still wearing and loving them.

Find a salon in your area at easilocks.com

SHANE'S TIPS



- "Human hair is more expensive than synthetic, but can be coloured and heat-styled, and falls in the most natural way. If you can't find the perfect shade, ask your colourist to dye the extensions (it can only be done on human hair)."
- "We only use ethically sourced, 100% human hair. Make sure you always ask for this – that way, you know the donor has been fairly rewarded."
- "Matching colour and texture is key. I mix different shades to make extensions look more natural."
- "I dry-cut hair after putting in the extensions, adding layers to blend the regular hair in with the extensions."
- "For an enhanced version of your own look, don't go too long – it looks more effortless."
- "To blow-dry, blast-dry until hair is 80% dry, then style at the end to minimise damage."

HOW I LOOK AFTER THEM

While I treat my extensions like my own hair, there are a few tricks I've learnt to keep my style looking its best…



- I use a paddle brush to detangle, as it doesn't yank out extensions like a comb would. **Paddle Brush** £27.50 Acca Kappa.
- I use a sulfate-free shampoo as it's gentler on my extensions and colour (**Vitamino Colour A-OX Soft Cleanser** £11.49 L'Oréal Professionnel), then conditioner (**Hair Taming System Moisturizing Conditioner** £10.80 GKhair at prohairandbeauty.co.uk). But the main secret is hair oil to keep it nourished and shiny. I'm obsessed with **Rose Gold Oil** £20.99 easilocks.com
- At night I put my hair in a loose braid so it doesn't get tangled while I sleep. And it gives me pretty waves in the morning.

WHAT ARE THE DIFFERENT OPTIONS?

1. I had **EASILOCKS' STEP BY STEP LOCK-IN METHOD**, which is the most low-maintenance, with no need for glue or sewing – little tubes secure the extensions. They cost from £400; you get to keep the hair, as it's reusable, and it lasts three months.
2. **TAPE-INS** are cheaper (from £85), secured with medical-grade tape and last about two months.
3. **CLIP-INS** are a temporary option to try a look before you commit. There are different styles, starting from £29.99.

Follow Alex on Instagram @alexsteinherr

Still lifes: Jody Todd

THE GLAMOUR SUMMER EDIT ONLY £17.99

Chosen by Beauty Director Alessandra Steinherr



Your summer beauty kit sorted

I'm not even joking – this is the most exciting beauty box so far. Every single product is a summer must-have and I know you will love them all. I swear these will come with me in my holiday suitcase and I'm just so happy I get to share some of my personal favourites with you. And the best part? The total value is a whopping £93.99 – for just £17.99!

Alessandra

Alessandra Steinherr Beauty Director
Instagram @alexsteinherr



NAILS INC GEL EFFECT POLISH (3 variations)
Say hello to the ultimate summer shades. Two coats of this gel-effect formula and you have long-lasting, ultra-glossy, extra-shiny nails, without any UV lamp or soak-off required.



VITA LIBERATA TRYSTAL™ MINERALS
This is by far one of the most exciting beauty launches of the year – meet the first-ever self-tanning bronzer! Dust the powder across your face and a natural-looking tan will develop, and last for up to five days.



PIXI GLOW TONIC
Perfect for lacklustre skin, this genius product exfoliates, tones and tightens. Result? A bright, radiant complexion.



BOURJOIS COLOR BOOST LIP CRAYON (3 variations)
I LOVE, LOVE, LOVE these chunky pencils. One swipe delivers a gorgeous, subtle veil of colour. Layer for a more intense finish and it promises to last for up to ten hours.

Still lifes: Sudhir Pithwa. With thanks to Spencer Harrison





CAUDALIE DIVINE OIL
Get ready for your best-ever head-to-toe summer glow. This multi-tasking oil adds an extra sheen to your hair, face and body. Tip: add a few drops to your bath for some dreamy TLC. And it smells *beyond*.



BALANCE ME SUPER TONING BODY POLISH
Give your body a major treat with this exfoliator, toner and moisturiser in one. Massage and buff to get rid of dead skin cells and smooth out any problem areas.

SEEKERS OF THE SUN LUXURY TEMPORARY TATTOOS
EXCLUSIVE! I collaborated with Seekers Of The Sun on this one-off design – you can only get it in this box. Whether you go for one or wear a few together, they're the perfect summer beauty accessory.



L'OCCITANE SHAMPOO AND CONDITIONER
Gloss, nourish and soften your hair with this hard-working duo, and enjoy the calming side effect of the essential oils: serious relaxation.





EUCERIN SUN CARE (SPF variations)
I can't stress enough the importance of a high-factor SPF. These are ideal for sensitive skin and won't leave any oily residue – our selection starts at SPF30.

BUY NOW! At latestinbeauty.com/glamour
While stocks last. Contents may vary. Terms & conditions apply.

LATESTINBEAUTY.COM



"Can I get an **amen here?**"

Drag royalty RuPaul shares life lessons with GLAMOUR

Take 14 drag queens, set them a series of challenges and watch them battle it out to be named America's Next Drag Superstar. That's the premise of *RuPaul's Drag Race*, but it's so much more than a reality TV show – it's a crystal-encrusted, straight-up celebration of being yourself. And at the heart of the show is presenter-mentor-drag-queen-extraordinaire RuPaul Charles. As the seventh series airs in the UK, Ru pinpoints the kick-ass principles you can learn from the show.

Listen to the universe's stage directions
"On the show, we give the contestants challenges – and if they listen to what I say, and read me correctly, they're given clues as to how to succeed. Life is the same – you have to learn to read a situation if you want to get ahead."

People are going to talk about you
"And there's nothing you can do about it. So you might as well go ahead and do whatever you're gonna do. If I could go back and visit my younger self, I'd say, 'Everybody doesn't have to like you.' Really, the storyline of *RuPaul's Drag Race* is finding your own rhythm."

Being stylish is like being a magician
"What you wear affects the way people perceive you. Drag is about creating


RuPaul: never less than fabulous, even sans wig

a persona. When you understand how to create a look that translates to other people, when you know your proportions and how to wear certain clothes – that's when you've really got a hold of the situation. That's style."

If you can't love yourself, how the hell you gonna love somebody else?
"I say this at the end of every show. It's the absolute key to self-confidence – but it can take a very long time to get there. Everyone's looking for someone else to give them that confidence. Well, let me tell you something, sister, it's you – the person in the mirror."

RuPaul's Drag Race is showing now on TruTV, Mondays at 10pm

By Hanna Woodside. Photographs: Mathu Andersen, Barcroft Media, Splash News

Your TV heads-up for June

TRUE DETECTIVE
The bar was set pretty high with Season One of this Emmy-winning psychological crime drama-meets-psychological thriller. So the pressure's on for the new leads, played by Rachel McAdams, Colin Farrell (rocking a serious handlebar 'tache) and *Friday Night Lights*' Taylor Kitsch. The three police officers – along with Vince Vaughn as a career criminal trying to go straight – get tangled up in a conspiracy when a body is discovered on the Pacific Coast Highway. The action has moved from swampy Louisiana to sunny California, but rest assured, the atmosphere is just as dark. *Sky Atlantic*



DOLL & EM
Emily Mortimer and Dolly Wells return in their semi-autobiographical comedy about a Hollywood actress who hires her best mate as her PA. This time, they've written a play about themselves and hoodwinked Evan Rachel Wood and Olivia Wilde into taking the lead roles. Ewan McGregor also guest stars – but it's Emily and Dolly's on-a-knife-edge friendship that really steals the show. *Sky Living*

ORANGE IS THE NEW BLACK
Piper Chapman (the consistently excellent Taylor Schilling) and her fellow Litchfield Penitentiary inmates are back. And you'll be glad to hear that Alex (Laura Prepon), who didn't get a lot of screen time in Season Two, has a much bigger role, now she's back in prison. Stirring things up between Alex and Piper is a new love interest, Stella, played by Australian model and actress Ruby Rose. While some series lose their way come Season Three, *OITNB* is as sharp, shocking and addictive as ever. *Netflix* ▶

Terminator Genisys

This month, two of the greatest movie franchises get rebooted with brawny



THE DEAL It's 2029, humanity is at war with the machines, and the cyborgs send two Terminators back in time to kill Sarah Connor, the future mother of John Connor, leader of the resistance. This time, Sarah Connor is no longer a waitress but a gun-toting urban warrior.

WHO'S THE STAR? Top billing is shared by *Game Of Thrones'* Emilia Clarke (Sarah Connor) and Jai Courtney as John's trusty lieutenant, Kyle Reese, who goes back in time to protect Sarah, but ends up falling in love.

WHO'S BACK? Nobody had much faith in *The Terminator*, directed by James Cameron, in 1984. He sold the rights for $1, as long as he could direct. But Arnold Schwarzenegger's musclebound T-800 made the film a cult hit. Arnie returns here, as an ageing machine called 'Pops'.



WE'RE MOST EXCITED ABOUT Old creaky Arnie vs his young self – body-doubled by beefcake Aaron Williamson. And there's a mystery role for former Timelord Matt Smith. Apt.



Emilia Clarke swaps dragons for cyborgs – and still kicks butt

GlamReels

Get your sleuth on



SPY When smooth, Bond-esque CIA agent Bradley (Jude Law) is assassinated, his desk-jockey partner Susan Cooper (Melissa McCarthy) is sent into the field. And it's a hoot. Helped by Rose Byrne's talent for dry humour (she's the perfectly groomed villain) and adorable dippiness from Miranda Hart, this is a gaspingly funny, female-led spy spoof. ★★★★

GLAMOUR MUST-SEE

VS Jurassic World

new stars and bigger effects. But who comes out on top?



Chris Pratt – the only way you'd get us on an island with dinosaurs

THE DEAL After three major PR disasters, the world's least-safety-conscious theme park, Jurassic World, is up and running again. This time, two nephews of park boss Bryce Dallas Howard find themselves hunted down by a rampaging mutant dinosaur. Let the running and screaming begin…



WHO'S THE STAR? Velociraptor trainer Chris Pratt. The *Guardians Of The Galaxy* star beat competition from Josh Brolin, Armie Hammer and Jason Statham for the lead role of Owen Grady.

HOW DOES IT MEASURE UP? No pressure, but 1993's classic was the most successful film in the world until it was capsized by *Titanic* in 1997. *Jurassic World* has moved on from the original cast of nervous scientists – Jeff Goldblum, Sam Neill and Laura Dern (left).



WE'RE MOST EXCITED ABOUT The new rogue dinosaur, a genetically modified hybrid that should prove more than a match for the original T-Rex. ▶

MR HOLMES Sherlock Holmes (Ian McKellen) is 93 and has retired, but there's a past case (told in flashback) that he can't quite remember. Hence a recent trip (more flashbacks) to Japan to find a herbal remedy for his amnesia. Different threads come together to reveal grander themes about loneliness, the tricks memory plays and the power of motherhood. McKellen is terrific, and his Sherlock is a kind, playful take on the detective. ✪✪✪✪

LONDON ROAD Bottom line: it's a musical with songs based on transcripts from interviews with people affected by the Ipswich murders between 2006 and 2008. Some will see this as a daring experiment; others will find it an inappropriate treatment of a tragedy. Olivia Colman and Tom Hardy star, but a straight documentary might have been a better call. ✪✪✪

By Mark Eccleston. Photographs: Allstar, Landmark Media, Collection Christophel

GLAMOUR ON THE GO
Download your interactive GLAMOUR at GLAMOUR.com



TAKE ME TO THE BEACH

Stuck for what to read? Our favourite writers pick their summer hits



JENNY COLGAN

***So You've Been Publically Shamed* by Jon Ronson**

"A horrifying look at how one ill-thought-out remark on Twitter can completely destroy your life."

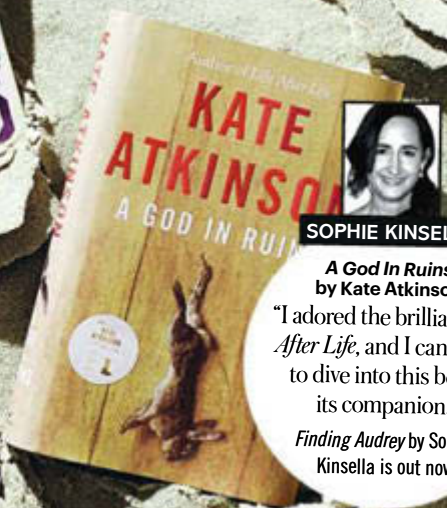
Summer At Little Beach Street Bakery by Jenny Colgan is out now



TASMINA PERRY

***Black Rabbit Hall* by Eve Chase**

"I'm Cornwall crazy, especially after *Poldark*, so I loved this gothic time-slip story set on the Roseland Peninsula."



SOPHIE KINSELLA

***A God In Ruins* by Kate Atkinson**

"I adored the brilliant *Life After Life*, and I can't wait to dive into this book, its companion."

Finding Audrey by Sophie Kinsella is out now



JOJO MOYES

***The Woman Who Stole My Life* by Marian Keyes**

"Marian is the only writer alive who could make a story about a woman in a coma both sexy and funny."

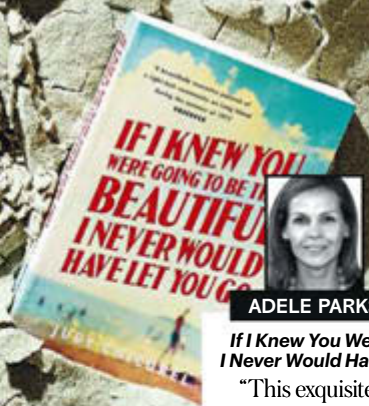


EDITH BOWMAN

***Hold Your Own* by Kate Tempest**

"An enormous talent and no one I know uses words like her. If you get the chance to listen to her read her poetry live, do it."

Great British Music Festivals by Edith Bowman is out now



ADELE PARKS

***If I Knew You Were Going To Be This Beautiful, I Never Would Have Let You Go* by Judy Chicurel**

"This exquisitely written debut evokes the atmosphere of a 1970s summer in a close-knit working-class community on Long Island."

If You Go Away by Adele Parks is out now

By Kerry Potter. Photographs: Dennis Pedersen, Sudhir Pithwa, Camera Press

Read more on GLAMOUR.com

Glamreads

5 more reasons to make room in your beach bag

IN THE UNLIKELY EVENT
by Judy Blume

GLAMOUR MUST-READ

The legendary writer returns with her first adult novel in 16 years. Based on Blume's teen experiences, it's set in New Jersey in the '50s and explores the impact of a series of plane crashes. Miri, a 15 year old in love, is at the centre of a huge cast of characters. An ambitious tale pulled off with Blume's trademark frankness and warmth.

KILLING MONICA
by Candace Bushnell

The *Sex And The City* creator returns with a novel about a Manhattan writer who fakes her death to escape from her iconic fictional creation, Monica – and the bonkers actress who plays her in the movie adaptations. Packed with cocaine, Champagne and celeb tantrums, this is ideal sunlounger fodder.

I TAKE YOU
by Eliza Kennedy

New York lawyer Lily is marrying lovely Will in a week's time and plans are in full swing. So far, so chick-lit. But it turns out our bride is a compulsive cheater and booze-hound. This provocative debut explores whether monogamy is all it's cracked up to be.

A FORTUNATE AGE
by Joanna Smith Rakoff

Rakoff's memoir, *My Salinger Year*, was a cult hit, and her first novel covers similar ground, but this time it's twentysomething New Yorkers navigating careers and relationships. Highly relatable stuff, and the unexpected ending will have you in bits.

TECHBITCH
by Lucy Sykes & Jo Piazza

This is being touted as *The Devil Wears Prada* does digital. Imogen, a renowned magazine editor, returns from a sabbatical to find her title is being turned into an app, and her younger former assistant is snapping at her heels. Get beyond the cartoony characterisation and there's fun to be had.



Marian Keyes comes to G-Book Club

Get your hot ticket for our exclusive event with the best-selling author

She's the novelist who can reduce you to tears with a tale of addiction, bereavement or domestic abuse, then make you roar with a hilariously off-beat character the very next page. No one tells a story like Marian Keyes – as 16 books and more than 33 million copies sold worldwide will testify. If you're one of her 93,000 Twitter followers (@MarianKeyes) who've shared her adventures in nail varnish shopping and biscuit tasting, you'll know Marian is as warm, witty and wise as her characters. And now she's coming to G-Book Club to talk writing, ideas and inspiration with GLAMOUR Editor Jo Elvin – and to meet you.

Join us on July 6 for a glittering evening of drinks, chat and an insight into Marian's world at Home House, an exclusive private members' club in London's Portman Square. On the night, you'll be able to ask Marian questions, buy her latest book, *The Woman Who Stole My Life* (out now in paperback), and have it signed. Plus, you'll leave with a special G-Book Club goodie bag. Sounds great, right? Here's how to make sure you're there…

WHEN July 6, 2015 TIME 6.30pm-8.30pm
WHERE Home House, 20 Portman Square, London W1H 6LW. The evening will be hosted in one of the venue's luxurious event spaces. Home House offers VIP service in a setting that mixes 18th-century splendour with 21st-century avant-garde.
TICKETS £15 + booking fee **glmr.uk/bookclub**





Join Marian and GLAMOUR in the luxurious Front Parlour and Eating Room at Home House


1953
THE DAY I WAS QUEEN...
Or at least that is how it felt. The year was 1953 and it was Elizabeth II's coronation. In similar pomp and ceremony I was delivered in a large box tied with a big sash bow. I was delicately lifted out from layers of white tissue paper then carefully slipped on with regal elegance. Everyone's attention was on the small nine-inch television dwarfed in its walnut cabinet. That is until I swirled into the room.
To be continued...
www.oxfam.org.uk/vintage
OXFAM

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Fashion + Beauty
JULY 2015

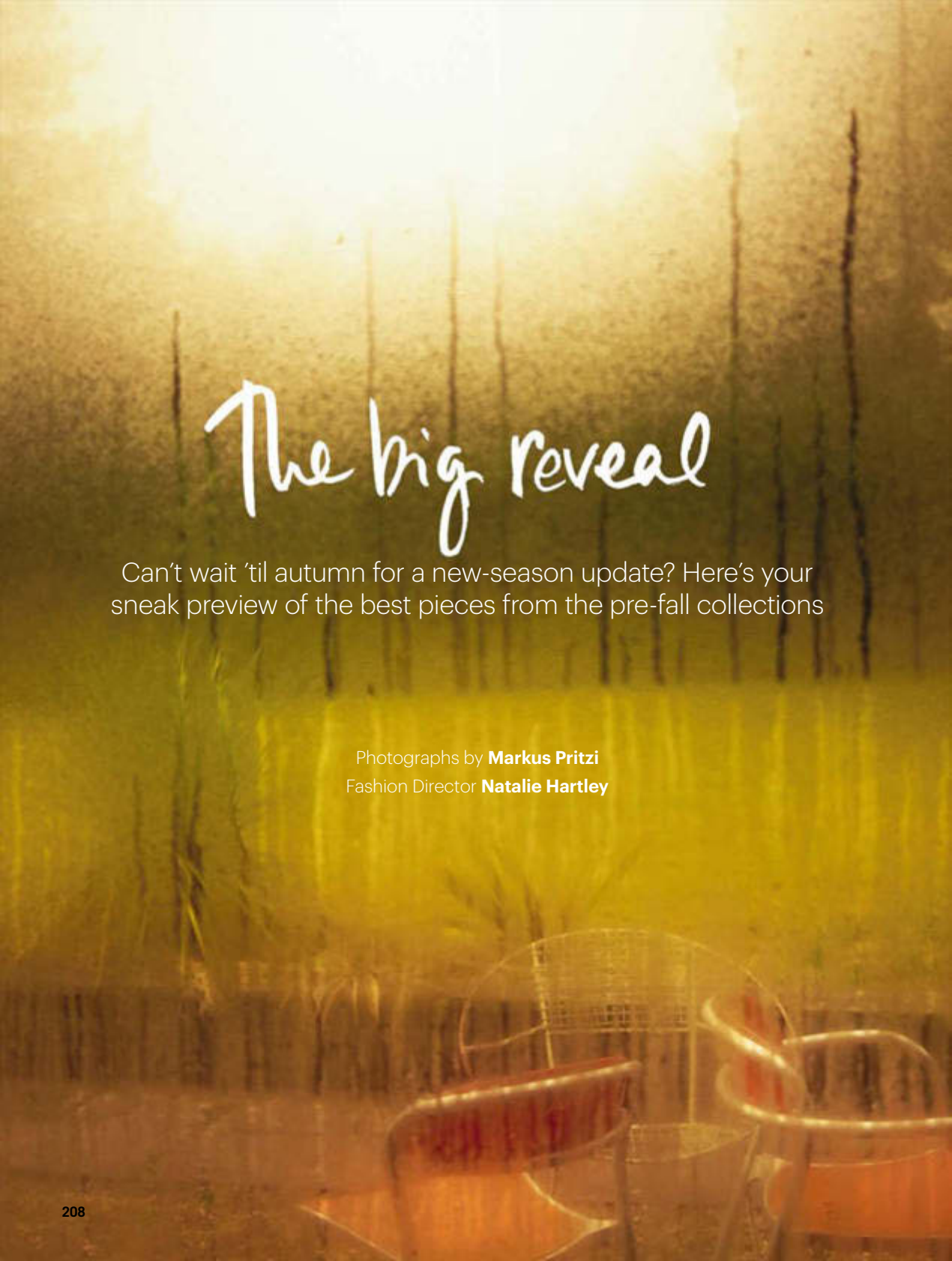


SUMMER? BRING IT ON...

The big reveal

Can't wait 'til autumn for a new-season update? Here's your sneak preview of the best pieces from the pre-fall collections

Photographs by **Markus Pritzi**
Fashion Director **Natalie Hartley**





Vintage cotton sweatshirt £30 Blitz London; **leather skirt** £370 BOSS at Hugo Boss; **9k rose-gold earrings** £350 Annina Vogel at selfridges.com; **leather belt** £310 Louis Vuitton



Wool and cashmere sweater £319 Cédric Charlier at net-a-porter.com;
rose-gold-plated necklace £55 Folli Follie



Blue denim jumpsuit
£1,135 valentino.com



Polyamide dress £795
and **wool neck-band**
(just seen) £150 both
j-w-anderson.com



Cream satin and leather shirt £465 and **camel chenille skirt** £460 both j-w-anderson.com; **snake-print leather belt** £440 Missoni



White leather dress price on request MM6 at maisonmargiela.com; **pink nylon-mix bra** from a selection intimissimi.com; **gold earrings** £350 Annina Vogel at selfridges.com; **gold-plated and Swarovski crystal bracelet** £49 swarovski.com



Cotton knit jacket £870 marni.com; **cashmere top** £690 Michael Kors;
9k rose-gold earrings £350 Annina Vogel at selfridges.com;
silver and 9k gold locket £139 hsamuel.co.uk



Cashmere jumper £1,600 Chanel; **gold-plated bracelet** (just seen) £49 swarovski.com;
9k rose-gold earrings £350 Annina Vogel at selfridges.com



Pink wool crêpe dress £1,655 Chloé; **9k gold ring** £550 and **9k rose-gold earrings** £350 both Annina Vogel at selfridges.com

Make-up: Nobuko Maekawa using YSL Beauty
Hair: Roku Roppongi at Saint Luke, using Bumble and bumble
Fashion Assistant: Chloe Bloch
Colourist: Andreas Kurkowitz
Model: Sabi Khazgaleeva at Viva London



Multicoloured lace, sequin and chiffon dress and **brown leather boots** both price on request Rodarte at selfridges.com; **sterling silver nose clip** £6 claires.co.uk

GET READY FOR THIS

Channel your '90s club kid with clashing colour, print and texture



PU dress £610 Marc By Marc Jacobs; **Lycra bikini** £15 next.co.uk; **cotton polo top** £38 Fila at 80scasual classics.co.uk; (left ear) **metal earring** £89 thomassabo.com; (right ear) **ruthenium and crystal earring** £360 atelierswarovski.com; **sterling silver nose clip** £6 claires.co.uk

Photographs by **Nicolas Kantor** Styled by **Natasha Wray**



Yellow and pink jumper (around waist) vintage; **black and lilac poplin dress** £1,835 Prada; (right ear) **sterling silver earring** approx £11 by1oak; (left ear) **18k gold, diamond, sapphire and pearl earring** £1,270 Delfina Delettrez; **sterling silver nose clip** £6 claires.co.uk



Double crêpe top £695 Loewe; **mesh skirt** £295 DKNY; **net and rubber sneakers** £740 Christian Dior; **18k gold, diamond and emerald earring bar** £345 and **18k gold, diamond and sapphire earring bar** £260 both Katrine Kristensen; **sterling silver nose clip** £6 claires.co.uk



Polyester vest £120 nike.com; **silk, organza and sequin embroidered dress** price on request burberry.com; **leather shoes** price on request MM6 at maisonmargiela.com



Cotton jacket vintage Adidas at The Contemporary Wardrobe; **cotton jumper** approx £664 Iceberg; **silk trousers** £700 Gucci; **sterling silver nose clip** £6 claires.co.uk



Burgundy and red mohair jumper £320 uk.tommy.com; **purple and green silk trousers** £450 Just Cavalli at harrods.com; **18k gold, diamond, sapphire and pearl earring** £1,270 Delfina Delettrez; **sterling silver nose clip** £6 claires.co.uk



Cotton tank £234, **cotton bodysuit** £230 and **polyester dress** £290 all maison margiela.com; (right ear) **18k gold, diamond, sapphire and pearl earring** £1,270 Delfina Delettrez; (left ear) **gold-plated silver earring** approx £20 by1oak; **sterling silver nose clip** £6 claires.co.uk



Denim jacket price on request MM6 at maisonmargiela.com; **faux-leather and silk dress** £1,760 Emporio Armani; **leather boots** £1,495 Prada; **sterling silver earring** approx £11 byloak; **sterling silver ear cuff** £49 Maria Black; **sterling silver nose clip** £6 claires.co.uk



Woven silk dress £1,990 Proenza Schouler; **sterling silver nose clip** £6 claires.co.uk

Hair: Mirka Hajdova using Bumble and bumble
Make-up: Akgun at The London Style Agency using Chanel S2015
Model: Angela Longton at The Hive Management
Fashion Assistant: Holly White

HOT HOLIDAY HAIR (the easy way)

Consider your "What the hell do I do with it?" dilemma solved – with our one-stop style guide. By **Alessandra Steinherr**

Holiday hair is meant to be fuss-free, hassle-free and low maintenance. Back in the real world, it's usually anything but, because warm weather is not conducive to well-behaved hair – *at all*. Straight hair goes lank, wavy hair goes frizzy, coloured hair gets cooked by the sun, and let's not even start on the potentially disastrous effects of swimming pools on bleached hair. So you might as well just tie it all up and forget about it. OR you could check out these five simple ideas for how not to screw up holiday hair.

The wrapped topknot

Simple but sexy. Dress up a humble knot with a colourful bandana. "This is just as easy as it looks," says hairstylist Eric Gabriel, who created these looks. Sweep hair up into a high ponytail and twist it casually around the base. Pin it in messily and let the front pieces fall out. If you need texture, use a texturising spray such as **Tecni.art Wild Stylers Next Day Hair** £14.99 L'Oréal Professionnel. **Make-up note** Get a summery lip with **Lipstick in Heat Wave** £20 narscosmetics.co.uk ▶

Photographs by **Derek Kettela**



Top houseofholland.co.uk;
skirt Michael Kors;
bandana rokit.co.uk;
earrings Theodora Warre

The wavy blow-out

Humidity is hair's #1 enemy in summer. "A big blow-out is challenging in hot weather, as it tends to drop after 15 minutes," says Eric. But you can rock textured and tousled hair, provided you take the time to prep it. Work an anti-humidity spray such as **Imperméable Anti-Humidity Spray** £37 Oribe at spacenk.com into damp hair and blow-dry it in: "This keeps frizz out and volume locked in." Here Eric tonged hair roughly to create messy waves, then drew a strong parting with a heavy side fringe to add sexiness. **Make-up note** Big hair + nude lips = bombshell. Here Bregje is wearing **Ultra HD Lipstick in Camellia** £7.99 Revlon. ▶





Top Maje; **shorts** americanapparel.co.uk; **sandals** tabithasimmons.com; **earrings** Theodora Warre; **bracelets** Dana Levy



The side plait

Nothing shouts 'summer hair' quite like a braid. This season, braids ruled the runway again and will be ubiquitous at festivals and on beaches. For this low, over-the-shoulder version, spray with dry shampoo (we love **Casual Matt Texture Dry Shampoo** £7.49 toniandguy.com), before braiding hair from the nape of the neck to the ends in a classic three-strand. Weave very loosely, so as to leave soft, face-framing flyaways. **Make-up note** Try a pinky, but non-sugary, lipgloss, such as **Oh My Gloss!** £5.49 Rimmel London.

Dress Roberto Cavalli; **earrings** Theodora Warre; **bracelet** wildeones.com



Top Etro; **bandana** rokit.co.uk; **earrings** Theodora Warre

The beachy beehive

"This a great end-of-day look, when you have that saltwater texture, which gives natural grip to your hair," says Eric. Recreate it with **Beach Blonde Sea Waves Sea Salt Spray** £6.99 John Frieda. Place the headband in first, as it pulls your hair back, then use a wide-toothed comb to loosely back-comb your hair as you pin it up into a French twist. Secure it in place and then pull up the crown to enhance the beehive shape. **Make-up note** Go for the bronze with **Filmstar Bronze & Glow in Sun Tan & Sun Light** £55 charlottetilbury.com ▶





Dress Red Valentino;
headpiece Muzungu Sisters;
earrings Theodora Warre

The braided crown

These Grecian braids look a lot more complicated than they actually are. Work a small amount of **Crème For Style** £29 Oribe into damp hair, to hold it together without making hair too heavy, and then really rough-dry it. Divide your hair into six sections and do regular three-strand braids. "Loosen them up by pulling out bits with your thumbs," says Eric. Then cross the sections over each other as you pin the ends up in the opposite direction, laying them flat against the head.
Nail note Paint your nails pretty with **Paint Pots in Pepperminty** £9 ciate.co.uk

Styled by Alessandra Steinherr
Assisted by Dominique Temple
Hair: Eric Gabriel at The Wall Group
Make-up: Fiona Stiles at The Wall Group, using Lancôme
Model: Bregje Heinen at Supreme Management

13

GORGEOUS SALON TANS

Get summer-ready with these discounted treatments, says **Sarah Jossel**

CHICHESTER

St Tropez Spray Tan Classic at Champneys, 60 East Street, West Sussex PO19 1HL (01243 819 010; champneys.com)
After your spray, watch a gorgeous yet natural tan develop over eight hours.
Usual price £20

Sienna X Spray Tan at ID Makeup, Hair & Beauty Lounge, 13 Southgate, West Sussex PO19 1ES (01243 533 885; the-id.co.uk)
This spray tan comes in a range of shades, so you can choose between subtle sun-kissed glow or deep golden tan.
Usual price £25

DUBLIN

Xen-Tan Spray Tan at The Beauty Parlour, 23 Terenure Place 6W 4TU (353 14929977; beautyparlour.ie)
If the smell of spray tan puts you off, try this vanilla-scented formula. It delivers an olive-toned hue that will deepen over four to eight hours.
Usual price €30



GLASGOW

The Vita Liberata Spray Tan Treatment at Debenhams Glasgow Benefit Cosmetics, 97 Argyle Street G2 8AR (0141 225 3442; debenhams.com)
If you're pushed for time, then this one's for you. A bespoke shade is created for your skintone, it will dry instantly and you'll walk out with golden, glowing skin.
Usual price £22.50

Double Dip Spray Tan at Rainbow International, 24 Royal Exchange Square G1 3AB (0141 204 4460;

TAKE THESE PAGES TO ONE OF OUR LISTED SPAS OR SALONS TO CLAIM YOUR DISCOUNT – VALID UNTIL JULY 5, 2015*

Photograph: Jason Lloyd-Evans. Still lifes: Jody Todd. *Please mention offer at time of booking and present these pages at the salon or spa on arrival. Unless otherwise stated, offers are subject to availability and certain restrictions, and are valid until July 5, 2015.

rainbowroominternational.com)
If you believe 'more is more', then head here. After your first tan, you can go back for a complimentary top-up that same week. Score.
Usual price £35

LEEDS

Fake Bake Golden Tan at The Mill Wheel Spa at Three Horseshoes Inn, Buxton Road ST13 8TW (01538 300 296; millwheelspa.co.uk)
This is your go-to for top-to-toe bronzing. Enjoy the coconut scent, let it develop overnight and wake up a gorgeous shade of bronze.
Usual price £16

LONDON

Sienna X Full Body Spray Tan at All About The Girl, 141 Northcote Road SW11 6PX (020 7135 3577; allaboutthegirl.info)
This tan is for all skintones and the subtle layering techniques will leave you bronzed in minutes, without any sticky feeling.
Usual price £35

Two Weeks Away Tan at The Studio by James Read, Harvey Nichols Knightsbridge SW1X 7RJ (020 7201 9606; jamesreadtan.com)
Pop in for the ultimate faux glow. An instant natural sheen will develop into a golden tan, and if James Read isn't booked up with Rosie HW or Ellie Goulding, he'll be happy to give you the A-list treatment himself.
Usual price from £50

Sunshine A Go Go at Privet Body, 214 Kensington Park Road W11 1NR (020 7221 5674; privetbody.co.uk)
After a full-body exfoliation, you'll be sprayed to perfection with a St Tropez tan. You'll get a mini Murad facial, too. Full makeover, done.
Usual price £110

NOTTINGHAM

Xen-Tan Spray Tan at Emily's Touch, 45 Plains Road, Mapperley NG3 5JU (0115 960 9080; touchhairandbeauty.co.uk)
Head here for an on-the-spot Gisele-esque bronzed glow. Plus, the formula is packed with hydrating properties that will plump and soften skin.
Usual price £20

PONTEFRACT

Xen-Tan Spray Tan at Lilac Heaven, The Carleton Grange, Carleton Road, West Yorkshire WF8 3RJ (01977 600071; lilacheaven.co.uk)
This speedy tan dries instantly and can be shown off immediately. It's tailored to your skintone and will make you look like a naturally glowing version of yourself.
Usual price £22

SWANSEA

The Vita Liberata Spray Tan Treatment at Debenhams Swansea Benefit Cosmetics, 22 The Quadrant, West Glamorgan SA1 3QX (01792 482 581; debenhams.com)
Start by selecting the perfect shade for your skintone: light, medium or dark. The instant drying formula means no worry of smudging and you'll be glowing for up to a week.
Usual price £22.50

TUNBRIDGE WELLS

St Tropez Spray Tan Classic at Champneys, 7 High Street, Kent TN1 1UL (01892 530 111; champneys.com)
Watch this hydrating spray tan turn into a gorgeous golden glow. It can last for up to a week as long as you don't over-exfoliate or use any oils on your skin.
Usual price £20

And to top up your tan...

Ambre Solaire No Streaks Bronzer Self-tanning Dry Face Mist £11.69 Garnier. This ultra-fine mist is great for beginners as there's no need to rub it in – just spritz and glow.



Sunshimmer Self Tan Mousse Medium Matte £4.99 Rimmel London. Perfect for last-minute touch-ups – apply all over for a sun-kissed finish that fully develops in an hour.



GLAMOUR ON THE GO
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"How fitness changed our lives"

Working out can transform your health, your career, your entire happiness – meet four women who are the living proof. Compiled by **Amy Abrahams**



Photographs by **Hamish Brown**



The wheelchair racer
Hannah Cockroft

22, from Halifax, Paralympic athlete

"When I was born, I suffered two cardiac arrests, which resulted in damage to my brain and left me with deformity to my legs and feet and weakened hips. Doctors said I'd probably never be able to walk, be independent or do anything for myself. But my parents didn't accept that – and neither did I.

I struggled to walk, wearing splints until I was 18, but would refuse to use a wheelchair because it felt like accepting I was different. I did feel different at school, though, because when everyone else went to PE classes, I would have to watch or read a book.

But when I was 12, a wheelchair basketball team visited the school. It was more to teach the other kids what it was like to 'be me', but it was a life-changing moment. It was the first time I'd met other disabled people, for one thing. I contacted them and ended up playing on the team – as the only girl – for six years. It was amazing how quickly I picked up the

"Sport became a way to prove everyone wrong"

game. I was the fastest one on the court and I was strong, as strong as the boys. No one expected that.

At 15, I started racing. I loved the freedom and adrenaline. It was something I could do by myself and I got hooked on the independence. The following year, I joined the Great Britain team and in 2010, I broke my first world record. I remember finishing my A-levels, flying to the Swiss National Championships and breaking seven world records in eight days.

My life would be so different without racing. I don't think I'd be able to walk at all now – I used to insist on walking everywhere, but that left my legs weak. Now, I work on strengthening them as that gives my whole body more power to push the race chair.

Becoming an athlete helped me accept my disability and see that being in a wheelchair is OK. It's not something to be ashamed of. For so long, I had people say, 'You can't do this, you can't do that', but sport became a way to prove them wrong. Now I think, 'You were wrong about that, so you might be wrong about this – so I'm going to try it anyway.'"

Hannah holds the Paralympic and world records for the 100m T34 and 200m T34, winning two gold medals at the 2012 Paralympics. She will be competing at the World Championships this October and the Paralympic Games in 2016. hannahcockroft.co.uk ▶

DELETE BLOOD CANCER | DKMS

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www.deletebloodcancer.org.uk
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donor@deletebloodcancer.org.uk

Now that's not ordinary, that's beautiful!



Registered charity no: 11500

The runner **Amy Abrahams**

33, from London, GLAMOUR's Deputy Chief Sub Editor



"Running made me love my body for what it can do, not what it looks like"

"'No offence...' said a friend, 'but if *you* can do it, *anyone* can.' She was talking about running, because until I hit 30, I was anti-exercise. Years of hating my body had left me with a fear of Lycra ('People will see how big my thighs are'), a fear of exposing my physical ineptitude ('I'll look like an idiot'), and a fear of failure ('Oh, another thing I'm crap at'). There were things I was good at, but exercise? No. Hence my friend's surprise that in three years, I've gone from zero miles to two-time marathon runner.

I did not excel at school sports. I was awkward and uncoordinated. I also didn't care. I was interested in piercing things and drinking. By 15, depression bled into everyday life, destroying my self-esteem. My body and I just didn't get along, and loathing it in my teens manifested in extreme diets and tears.

Fast forward to 2014: there are more tears, but they're ones of gratitude. I'm 33. I'm running the New York Marathon. It's mile 23, I've been running for four hours. I keep thinking, 'I can't believe I've nearly done it.' I realise my demons are very far behind. I can't stop smiling.

Getting to this point was a journey. During my twenties, insecurities still threatened to unsettle the foundations of whatever I did. There were moments when I thought, 'Once I've got thinner thighs, I'll get that new job/a boyfriend.' I really thought the circumference of my legs could affect my life's successes.

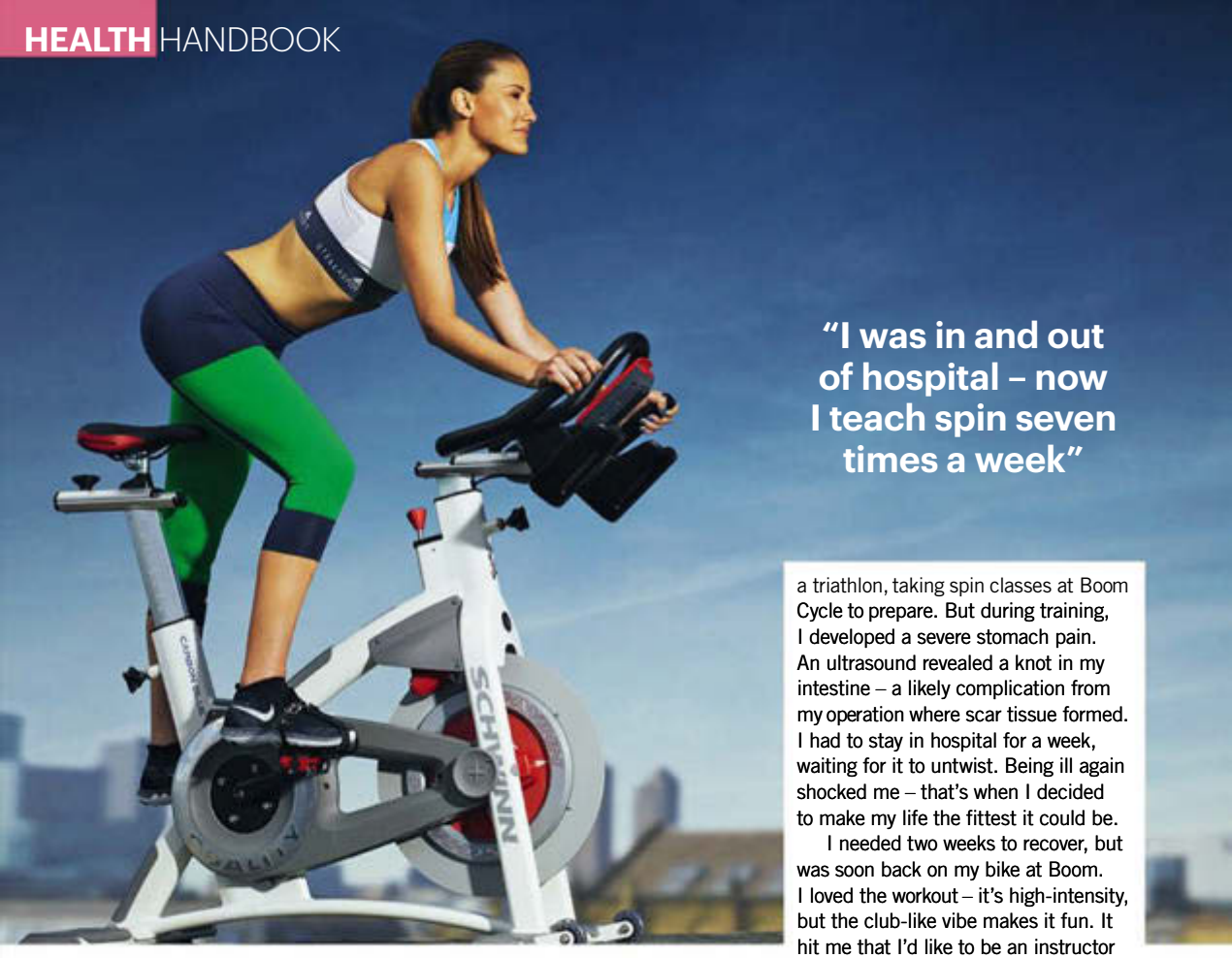
As 30 loomed, something snapped – I signed up for a half marathon for charity. After three months, my body could run for two hours. But what lured me back run after run was the positive effect it had on my mind. Running helped me clear my thoughts, think up great ideas and sweat out bad moods.

But even after that race, I still didn't appreciate what I could do. So when Asics, sponsors of the New York Marathon, invited me to take part, I thought, 'Nope. Impossible.' And yet, deep within, a small voice whispered, 'Yes, you can.' Before the race, I looked at my thighs – they'd been carrying me forward, running miles and miles, but I'd always resented them. I realised this self-criticism had to stop. By the time I sprinted through the finish line, I knew something amazing had happened.

Running is the thread weaving between a number of positive changes in my life. It helps me see I *can* take on most things, or at least give them a damn good try. And it was this positivity that helped me run this year's London Marathon, stronger than ever.

I'm not going to say that every day is perfect now. Self-esteem can't be bought in a shop – you can't take it back if yours is faulty. But you can slowly mend it. By learning to love running, I've learned to love myself – and that's not something I take for granted."

Follow @Amy_Abrahams on Twitter & Instagram. Find out how Asics helps runners at asics.co.uk ▶



"I was in and out of hospital – now I teach spin seven times a week"

The spin instructor **Naomi White**

25, from Hampshire, health and fitness PR and instructor at Boom Cycle

"At 16, I started getting ill. I'd always been overweight, but then I started rushing to the toilet every time I ate something. 'Are you taking laxatives?' my mum asked. But there was no way I was doing this to myself. As well as diarrhoea, I had cramps, mouth ulcers and sickness. I'd come home from school early and go to bed. After eight months, I was diagnosed with Crohn's disease, a chronic inflammatory bowel disease. I was floored.

Medication helped, but in 2009, I needed an operation to remove 30cm of my intestine. When I woke, I couldn't sit up because they'd cut through my stomach muscles. It took six weeks to recover – by then, I was desperate to feel better. 'Start working out,' said my doctor, who explained that as well as boosting energy, exercise reduces the stress hormone cortisol, and Crohn's symptoms can be linked to stress.

I liked the idea of taking back some control over my body, so I started going to a gym, at first only running for five minutes, before slowly adding the cross-trainer. I felt so energised – soon I was going three times a week.

Meanwhile, the operation proved a success and my Crohn's went into remission. This helped me to focus on fitness more and, last year, I entered a triathlon, taking spin classes at Boom Cycle to prepare. But during training, I developed a severe stomach pain. An ultrasound revealed a knot in my intestine – a likely complication from my operation where scar tissue formed. I had to stay in hospital for a week, waiting for it to untwist. Being ill again shocked me – that's when I decided to make my life the fittest it could be.

I needed two weeks to recover, but was soon back on my bike at Boom. I loved the workout – it's high-intensity, but the club-like vibe makes it fun. It hit me that I'd like to be an instructor – so I went to the open auditions with two tracks I'd choreographed. I made the cut and qualified last September. At first I taught two classes a week, but I loved it so much that I now do seven – all around my full-time job.

If I'm not instructing at the 7.30am class, I run or do Pilates. Sometimes I find it hard to believe I've gone from a poorly kid who never exercised to someone who works out almost daily. But I always have at least one rest day a week and eat well, too. I don't want to push myself to exhaustion.

While spinning might not stop my Crohn's returning, I know I am doing all I can to stay healthy. I'm so grateful to my doctor for telling me to exercise – it's taken a lot to get to this point, but I've never felt better."

For information, go to crohnsandcolitis.org.uk ▶

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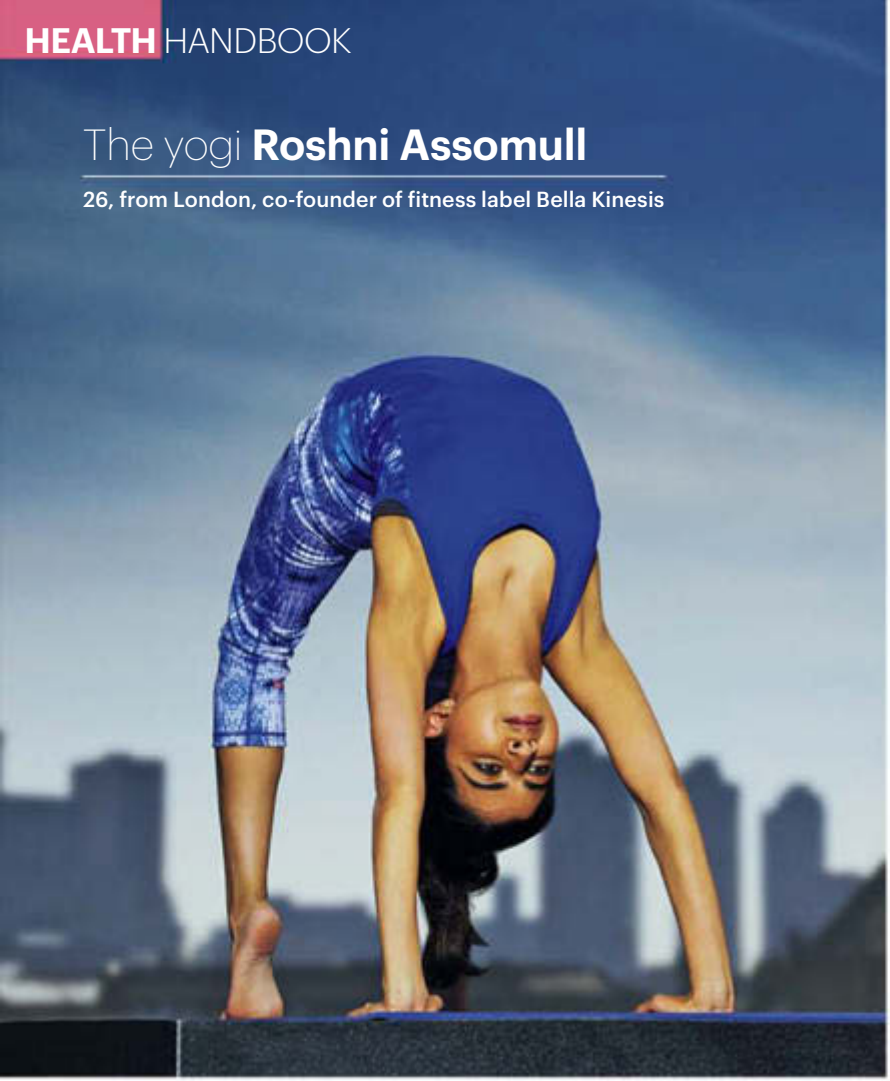


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The yogi **Roshni Assomull**

26, from London, co-founder of fitness label Bella Kinesis



"My job in investment banking in Canary Wharf seemed – to everyone else – like a great life with an enviable salary. Except I was exhausted, stressed and had lost a worrying amount of weight. Six months into the job, I looked at myself in the mirror. My bones were showing. My clothes were too big. I realised something had to change.

At first, I felt lucky to have my job. I was 22, had just graduated in 2011, and friends I'd studied with were finding it hard to get on the career ladder. But the role was challenging and the hours were long – most nights I worked until midnight. I didn't have time for lunch and although the bank paid for takeaways, after a while I got sick of eating out of plastic boxes. As work piled up, I started eating less.

"Overstressed and underweight, yoga healed my body and mind"

My parents were freaking out. I was living at home and every day my mum would force snacks on me because she could see me getting smaller. Already petite, I dropped to about 5st 9lb – frighteningly underweight. I was unhappy and snapping at people. After 18 gruelling months, I'd had enough – so I quit my job.

Stepping out of those doors for the last time was a relief. I had no idea what to do next, but I knew I had to focus on my health, change my lifestyle and get my appetite back. I thought exercise might help, but my parents were worried that something too active would make me lose more weight, so I found a six-week beginner's yoga course at Triyoga. I was useless at the gym, but yoga felt different. At first, I couldn't touch my toes, and I have scrawny arms so struggled with some positions, like the plank, but my teacher encouraged me. Best of all, I found myself going home after my evening classes feeling hungry. I'd eat something nutritious like teriyaki salmon and rice, and fall into a deep sleep, something I hadn't had in months.

It was amazing to chart my progress, and within weeks I was much stronger. Then, after about eight months of regular practice, I could do cooler things such as Tolasana (scale pose) and Chakrasana (wheel pose). It made me aware of my body and what it can do when looked after properly. Working through the movements, I could tune out my worries, which helped release some of the stress I'd built up. It made me feel content and centred. Now, if I'm having a bad day, yoga calms me down.

Working at the bank, I wanted to prove I had it together and had chosen the right career. But it was costing me my health. Life is so different now that I respect my body. Everything's finally in sync – I feel purposeful, fulfilled and, most importantly, strong." G

bellakinesis.com

Styled by Holly White. Hair: Franco Vallelonga at Era Management. Make-up: Helen Asher at Era Management. Manicure: Zarra Celik at LMC Worldwide. Hannah wears: top Adidas; bra Panache. Amy wears: top Falke; bra and leggings Sweaty Betty; trainers Adidas. Naomi wears: Top and leggings Stella McCartney x Adidas; trainers Nike. Roshi wears: top Bella Kinesis; leggings and mat Sweaty Betty



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Vogue Café Kiev
Fairmont Grand Hotel,
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Great (island) escapes

From cool city break to romantic beach getaway, check out GLAMOUR's six of the best

THE SUPER-LUXE ONE

THE MALDIVES

Palm-fringed islands, iridescent waters and some of the richest coral reefs in the world – if you're into private beaches, souped-up villas, personal butlers and generally holidaying like a Bond girl, there's a solid chance you'll love the two Jumeirah resorts in the Maldives, Jumeirah Vittaveli and Jumeirah Dhevanafushi as much as I did.

BY DAY... Jumeirah Vittaveli is the place for an active holiday. You can enjoy almost any water sport, take a kickboxing class or work out in the ocean-view gym. If gaining a skill is your thing, learn to cook Maldivian style, go out fishing or make coconut oil from scratch. For a complete kick-back, Jumeirah Dhevanafushi has a sea-view spa that allows you to watch parrot fish and turtles wild in the ocean as you receive a full-body massage (the White Orchid body oil gets my vote).

BY NIGHT... In both resorts you can unwind under the *seriously* starry sky or have your butler run you a bath in the marble tub the size of your flat. Then sip Champagne on a private yacht as you watch the sunset, or dine at a table carved from sand. *Alice Howarth*

NEED TO KNOW

The resort will organise speedboat transfers to the islands. Starting prices for a Beach Villa (low season) are approx £647 per night in Jumeirah Vittaveli and approx £730 per night in Jumeirah Dhevanafushi. To book, visit jumeirah.com or call +960 664 2020.



Unwind on the pristine beaches of the Maldives





Take a boat trip to the iconic Zlatni Rat beach

THE SPORTY ONE
CROATIA

One of Croatia's 1,000+ islands, Brač is a picture-perfect spot where beach life and water sports combine against a backdrop of incredible natural beauty. Make a base in Villa Bila, a luxury five-bedroom villa that looks straight onto the sea, and has a swimming pool, terrace and a private chef.

BY DAY... Bol is a picturesque town and home to one of the country's most photographed beaches, Zlatni Rat, or 'Golden Cape'. Make sure to walk this spit of land jutting out into the Adriatic, where you can enjoy the clear blue water and white pebble sand. Water sports are incredibly popular, so take advantage of the wind-surfing, kayaking and diving on offer. **If, like me, you prefer dry land, head up** to the mountain Vidova Gora, the highest peak of all the Croatian islands – 778 metres above sea level – for breathtaking views.

BY NIGHT... In Bol, start with wine-tasting at Stina Winery on the seafront, the perfect place to sample local vintages. For dining with extra wow factor, book in at Restoran Pipo Eko Nautica in Luke Bay, a small restaurant only accessible by boat. Try the lamb, a Brač speciality, and octopus. Want to make a night of it? Island hop to Hvar Town – home to the hippest hotspots, and where Prince Harry and Beyoncé have been known to party. *Amy Abrahams*

NEED TO KNOW

EasyJet flies to Split from £39.99 one way. Villa Bila costs from approx £406 per day (week stay minimum), airport transfers included (villabila.com).



THE QUIET ONE
TURKEY

Had enough of noise, people and, erm, cars? Then head to Şövalye. A 20-minute boat ride from Fethiye, this tiny, sleepy island takes 'getting away from it all' to new levels. With no roads, one hotel, one beach club and a handful of private holiday homes, I had licence to be as lazy as I pleased. The only hotel, Ece, is built into the hillside and is small and friendly, with an emphasis on attentive service.

BY DAY... At Ece, there is a private beach platform by the sea, secluded pool and hammocks under the trees, so lounging around is a good option. If you want something more active, borrow a kayak and head out to sea or take a day trip on a gulet (a traditional wooden sailing boat). For a shopping fix, get the boat over to Fethiye (Ece runs complimentary return trips twice a day) and go to the markets.

BY NIGHT... There's plenty going on on the mainland – listen closely and you can hear the thump of music from the bars – and it's easy to arrange a boat over for a night out. But if you don't want to leave the island, then fresh, locally sourced food and a menu that changes daily are on offer at Ece. Or the hotel will take you on a boat round to the beach club, for dinner or drinks on the restaurant rooftop. *Lindsay Frankel* ▶

NEED TO KNOW

Visit sovalyeisland.com. For reservations, go to booking.com/hotel/tr/ece-boutique.en-gb.html



Stockholm is built on 14 islands; visit Grandpa in SoFo for retro pieces (below)



THE COOL ONE
STOCKHOLM

Take the architecture of Paris, the coolness of NYC, the hipsters of East London, mix together with the most Pin-worthy fashion – and you have Stockholm. I made my base at the Grand Hôtel – it's as famous as ABBA in Sweden.

BY DAY... From the Grand, cross the bridge to Djurgården – a leafy-green island with woodland trails. Next, 'fika'. It's Swedish for coffee break and is as much of an institution as IKEA (but thankfully involves cake, not bookshelves). Then, shopping. For vintage or independent designers, I hit the SoFo part of Södermalm – it's 11/10 in hipness. Back in the city centre, NK is department store porn, with a whole floor dedicated to Nordic fashion like Acne, Filippa K and By Malene Birger.

BY NIGHT... Stick in Södermalm and go to Nytorget Urban Deli – a New York-inspired bar and eaterie – or Restaurang AG, *the* steak place. Afterwards, it depends how messy you want to go. Keep it restrained at Himlen – a skyscraper-high cocktail bar with 360° city views. Or go all-out at Morfar Ginko – an industrial-styled den with a disco in a vault. *Gemma Askham*

NEED TO KNOW

Superior double rooms at the Grand Hôtel start from around £295 per night, including breakfast, wi-fi and spa access. For reservations, contact +46 08 679 35 60 or reservations@grandhotel.se

Photographs: 4Corners, Getty Images, Robert Harding Productions

THE FOODIE ONE
JERSEY

Jersey is probably not the first place most GLAMOUR readers would think to holiday, but I fell in love with it years ago. The pristine beaches rival many of those in my beloved native Sydney. And the island is teeming with AA-rosetted and Michelin-starred restaurants.

BY DAY... The island is small and beautiful and every five minutes there's something pretty to stop and look at. On a glorious sunny day, head for Mark Jordan At The Beach to sample excellent seafood, not to mention superb chunky chips, while watching the surf roll in. Back at our home for the weekend, Hotel de France, I headed to the award-winning Ayush Wellness Spa, to indulge in an 80-minute Ayush massage, while the husband and daughter frolicked in the spa's three indoor pools. #mystruggle

BY NIGHT... Have I mentioned there is nice food in Jersey? And one of the best places to sample it is the Michelin-starred Ocean restaurant at the island's beloved Atlantic



Hotel. This is upmarket cuisine with all the flourish and presentation you would expect, specialising in modern British food. The menu changes daily as fresh ingredients are key – my garlic and thyme-roasted lamb was phenom. The Hotel de France is big and a little corporate in feel, but the service is incredible and the Ayush Wellness Spa is worth the trip to Jersey alone. We had fantastic meals at the hotel's Café Aroma, everything from a bog standard burger to grilled sea bass was fresh and delicious. *Jo Elvin*

NEED TO KNOW

Visit jersey.com or call 01534 44 88 00. The Ayush Wellness Spa Sleepover Spa Reviver package starts from £143 per person (based on shared occupancy). ayushwellnessspa.com







One of the stunning sunsets; the many blue domed churches; Santorini views are unforgettable

THE ROMANTIC ONE

SANTORINI

Count the wedding couples in the hilltop village of Oia and you'll understand why this is known as the Greek "Island of Love". It's seriously high on the romance Richter scale, but we really fell for its old-world charm too. Oia is a postcard-perfect patchwork of white and pastel hotels clinging to the cliff 300m above the Aegean Sea. Canaves Oia Hotel is our pick – minimalist luxury in hideaway cave rooms with private plunge pools. For a bit of buzz, lay your towel by the pool and main bar and restaurant at Canaves Suites next door (you have access to both), and keep an eye out for celeb guests.

BY DAY... Hire a car and drive south to Eros beach. Hidden at the end of a dirt track, you'll find a secluded black volcanic sand bay and the cool jazz beats of the Theros Wave Bar. On the way, stop off at the ancient village of Pyrgos, set around the ruins of a medieval castle. Give your glutes a workout climbing the narrow streets to the top for a panoramic view of the island (and a well-earned coffee at Franco's Café).

BY NIGHT... Watching the famed sunset at the tip of Oia is a must (book a table at Sunsets Restaurant to escape the crowds) or head to Perivolos for beachside dinner at Sea Side. Drink sundowners in a boat-turned-sofa on the sand, then head inside for fresh local fish with an Asian twist. *Claire Matthiae*



Jersey has all your beach needs covered



NEED TO KNOW

EasyJet flights from London Gatwick to Santorini start at £34.99 one way (price includes tax and is based on two people travelling on the same flight); easyjet.com. Doubles at Canaves Oia Hotel start at approx £268 per room, per night; doubles at Canaves Oia Suites start at approx £345 per room, per night for a Junior Suite with plunge pool. G

10 people you'll meet on HOLIDAY

Comedian **Lucy Porter** has your fellow travellers sussed



1 The First Timer. It's their first holiday without Mum and Dad, so they're going to HAVE IT LARGE! Homesick, broke and crying by day two.

2 The Over-Sharer Next To You On The Plane. Who needs a movie when you can spend four hours hearing about a stranger's bowel issues?

3 The Holiday Rep. Arrives for the season thinking, 'I can't believe I'm getting paid for being on holiday!' Ends the season with a cynical outlook and chlamydia.

4 Man Who Oils His Pecs All Day. Wears tight Speedos. When he tells you he's into watersports, he doesn't mean windsurfing.

5 The Travel Bore. They've been everywhere and seen, like, THE most incredible places on Earth. So how come they're so dull?

6 Dad With Young Kids. Would happily have stayed in the Stansted Airport Wetherspoons for a week.

7 The Swedish Couple. Attractive and stylish, possibly employed by the resort to make British people feel bad.

8 The British Ex-Pat. Sees no irony in the fact he cast his postal vote for UKIP from Spain.

9 The Hot Young Waiter. It might be the Sangria talking, but he definitely looks a *bit* like Javier Bardem.

10 The Sleazy Middle-Aged Waiter. There's not enough Sangria in the world.

Photograph: Getty Images

lucyporter.co.uk

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Photograph: Derek Kettela

Summer Showstoppers…

1. Personalised Heart Charm Bracelet by **MERCI MAMAN.** (From £29) This lovely and affordable piece will be engraved by hand with the names, dates or message of your choice in Merci Maman's London workshop. The team will hand-craft your bracelet within only a couple of days and they will gift wrap your bracelet in their signature box. Available in both sterling silver and gold plated. For more information, visit **www.mercimamanboutique.com** or call **020 7731 1377.**

2. The Daphne Signature Silver from **DU MAURIER WATCHES** is now available on this fabulous hot pink strap. Be bold this summer and team one of our limited edition, Swiss made beauties with a bright splash of pink! Also available on pastel pink, blue, red & black straps. Daphne Signature £440. See the full collection at **www.dumaurierwatches.com** or call **0845 519 3074**.

3. KATELIN GIBBS uses space as a material integrated equally into her design with the 18k gold and 1.2ct rose cut diamond in this custom engagement ring. View more and shop at **www.katelingibbs.com** or email Katelin for custom orders at **katelingibbs@gmail.com**

4. COMFY CLOGS. Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit **www.comfyclogs.net** or call Cecilia on **07815 750340** or **020 8780 9767** to find out more.

5. LOVE LILY ROSE designs and handcrafts silver jewellery and keepsakes. Featured is the stunning new Feather Necklace part of the Essentia Collection. Call **07711 989 563** or find more gorgeous designs at **www.lovelilyrose.co.uk** and shop with 10% off using the exclusive code GLAMOUR. Expires 30th June 2015.

6. DARLING CHÉRIE JEWELLERY IS THE AFFORDABLE LUXURY. DCJ offers elegant styles, all with precious metals and the highest quality cubic zirconias. The Gourmandise ring ranges from £133 - £136. Visit **www.darlingcheriejewellery.com** or email **info@darlingcheriejewellery.com** Enter '**GLAMOUR**' note at checkout for a chance to win a special gift!

7. Your lucky charm, the **TARADISE** Mati Collection. Exclusive Grecian designs, gifts and Chios Mastiha from the Aegean island of Chios Greece. Their Mati is designed with a rare Greek eye and delicate Greek meandros rounding the edges signifying protection and good luck for eternity. As seen on Charlotte Mckinney **www.shoptaradise.com** Follow them on Instagram **@shoptaradise**

8. PHILIPPE AUDIBERT PARIS. Since 1989, Paris artist and sculptor Philippe Audibert creates striking jewellery pieces, by mixing silver or gold plated metal, Swarovski crystals and gemstones. Immediately recognizable for their ergonomic design and the exceptional flexibility, each creation is an original object of art. Visit **www.philippeaudibert.com/eshop** Contact: **info@philippeaudibert.com** or call **+33(0)142841617**. Pictured: Serpent Bracelet from €117.

9. ART MASTERS JEWELRY Designer Gnel Karapetyan. Elegant, luxurious and rich, the new Modern Antique 14K White Gold 3.0 Carat Alexandrite Diamond Solitaire Wedding Ring evokes glamour and style, is sure to please the most discriminating feminine taste. Product Code: R514-14KWGDAL Price: $1,799. Visit **www.ArtMastersJewelry.com** or email **ArtMastersJewelry@gmail.com**

10. KIT HEATH. As stunning as its namesake, the Marilyn necklace features a precious freshwater pearl encased in delicate cut out rose gold or sterling silver. From the Arabesque collection by Kit Heath, intertwined and fanciful flows of sterling silver and rose gold that are vintage inspired. Every piece of Kit Heath jewellery comes with a luxurious branded gift box and bag. RRP from £50. Call **01271 312029** or visit **www.kitheath.com**

11. MALVENSKY, founded by Romanian designer Malvina Cservenschi, is already a must have jewelry brand. Known and appreciated worldwide for the IT INFINITY Premium Collection, the brand extends its portfolio with a collection of one-of-a kind statement rings. Embellished with diamonds and artistically translating the traditional symbol of the infinite column in a modern interpretation, the collection introduces a new ingredient in the equation of love: protection. Because love isn't something you find, love is something that finds you, so make sure you are ready for it. Discover the collection on **www.malvensky.com**

12. SIENNA BLOOM IBIZA offers beautifully inspired jewellery designed by Daya Cabestany from the heart of the island. Her philosophy is to embrace individuality and spirituality, and bring elements of self-love, femininity and playfulness into the daily lives of women all over the globe. View the full collection at **www.siennabloom.com** call **+34 630 919 030** or email **siennabloom@siennabloom.com** to find out more.

13. BARRETT FORD'S handmade wire-wrapped 18K gold jewelry is punctuated by rare and precious stones. Each sophisticated design is a high-end, chic and wearable work of art inspired by Kelley Ford Owen's passion for fine art. Visit **www.barrettford.com** or call **1-847-644-8845** for more information.



















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The Summer Collection...



ANJÉ is a women's contemporary collection that designs and manufactures right in the heart of New York City. With every apparel purchase made on their website, one outfit is donated to the homeless shelters. With their gorgeous Italian leathers and buttery silks, the demand is high and quantities are limited. Many items in the collection can be worn year-round so go ahead, treat yourself! Use code GLAMOUR at checkout for $100 off your next order. The first 50 people to use the code will get a free gift. Offer expires 31/07/2015. Shop online at **www.anjeclothing.com** and follow them on social media **@anjeclothing**
Photo: Alexa Koegel, Model: Karolina Chodak, MUA: Brian Dean



PILLERT is a Luxury Beachwear brand established in Switzerland, focused on delivering only the best in fashion for women and Kids. Each piece is made using a combination of lycra with multiple pieces and accessories. Their creative collections make women feel beautiful and confident. Check the new 2016 collection at **www.pillert.com** or follow them on Twitter **@pillertswimwear**



KRYPTIK ROSE is an independent London streetwear brand offering bright and bold apparel and accessories for men and women. Available in a stunning range of unique prints, their high quality yet affordable graphic print tops are unlike any others in the market. To find out more visit **www.kryptikrose.com** Use code GLAMFAB15 for 15% off orders over £25 (expires (1/9/15).



GRACIA FASHION. Gracia Fashion is a unique young contemporary clothing company known for its creative spin on traditional silhouettes. Whether your personal style is city chic, glam diva, classic or urban – Gracia will continue to rock you with the hottest trend every season. Visit **www.shopgracia.com**



MELANGE MODE focuses on incorporating bold African fabrics and modern European fashion. All pieces are designed by Yvonne Ghyselinck Pearson, an African-European designer, inspired by the unification of these two diverse cultures through fashion. Shop her bold, beautiful summer prints at **www.shopmelangemode.com**



Dull prescription sunglasses are officially a thing of the past! **THE GLASSES BOX** offers beautifully crafted sunglasses and glasses with high quality prescription lenses at a fraction of the price of High Street stores.
Pictured: Sasha
Prescription Sunglasses – £49.99 – **www.TheGlassesBox.com**



Mary Tudor by **OYSBY** is an 'avant garde' funky style that will make you stand out from the crowd. The comfortable curves of the wedge cut-out heel will mould perfectly to your feet. Ideal for the long hot days and nights of the Summer Festival season. Perfect for glamorous rock chicks!
Visit **www.oysby.com** or email **info@oysby.com** Follow them on Social Media **@OYSBY**





Designing from quite a young age, **SYEDA AMERA** based in Pakistan is a luxury clothing label. Offering a range of luxury prêt, her use of feminine patterns and flattering lines are perfect for any confident women. It is because of her creativity, ability and versatility soon she recognized herself not only in her home country but also in the international market. Although a relatively new face in the fashion world, Syeda Amera has paved her way making a name for herself through her unique and powerful designs. Visit **www.syedaamera.com** or call **+92 333 1374962**.



IMELDA'SECRET is a brand designed and hand crafted in Portugal with a striking visual imagery and positioned within the medium-high segment. Its DNA resides in the combination of exotic textures with unexpected colours and patterns that aim to reflect femininity and coquetry. Spring/ Summer 2015 Collection is available online at **www.imeldasecret.com** Enquiries **+351 963014854** or **info@imeldasecret.com**



COMFY CLOGS are handmade in Sweden and available in a range of the latest fun and funky styles and colours. Sizes for women and children. Perfect and practical for pregnant women and useful in the house and garden! Real skin Clogs available in a variety of styles. Call Cecilia on **07815 750340** or **020 8780 9767** for a brochure. Visit them at **www.comfyclogs.net**



DAWN SUNFLOWER is known for her uniquely classic and elegant styles, and luxurious cuts. Her vision is to turn delicate, quality fabrics to fashion with a single moment that will transform a women's body into art. Her sophisticated designs are movements toward Hollywood Glamour, flattering expressions of beauty and unique sexiness. Women's R-T-W, Evening gowns and Swimwear, with prices ranging from $159 to $3999+.
Visit **www.dawnsunflower.com** or follow on Twitter **@dawnsunflower14**
Pictured: design by Dawn Sunflower. Art Director: Warrent Satt, Photographer: Trang Nghiem, Model: Lauren Hayes, MUA: Robert Bryan, Hair: Jennifer Melissa Baker, Stylist: Jesse J, Photographer assistant: Brandon Barsugli



Embracing a modern, on-trend swimwear silhouettes and designs, **KARO Swimwear** incorporates hand-crafted jewelry into every piece sets the brand apart as it embodies feminine style with a unique embellishment. Using bright colour palettes, flirty and fun prints, silhouettes and cuts, Karo is a high-end collection of resort style swimwear inspired by natural stones, pearls, jewels, and crystals. Visit **www.Karoswimwear.com**



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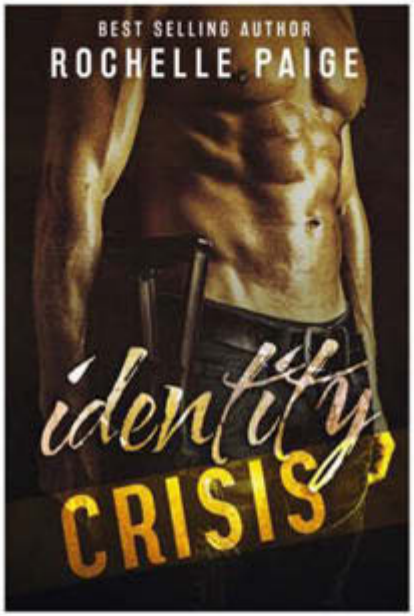


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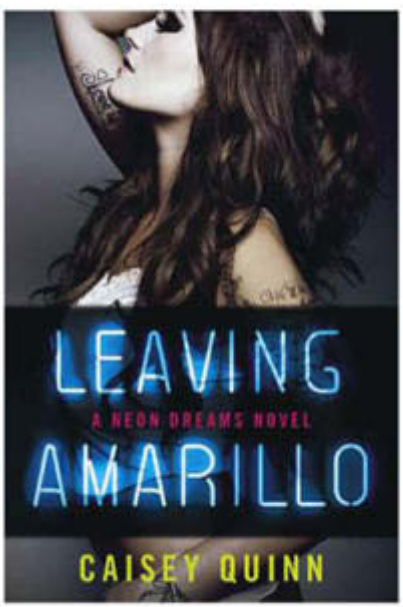
Glamour's Library...



THE SUN IN HER EYES by **PAIGE TOON**.
Amber was three when her mother died. She doesn't remember the car crash, but a stranger at the scene was unable to forget. When her father falls ill, Amber returns to Australia. Married life feels far away as Amber seeks comfort in her oldest friends, and in Ethan, the boy she never forgot. Then Amber receives a letter that changes everything. 'Before your mother died, she asked me to tell you something…' Paige Toon's epic bestseller shows how life can change in a heartbeat. **www.paigetoon.com**



From bestselling author **ROCHELLE PAIGE** comes the sexy and suspenseful romance, ***IDENTITY CRISIS.*** When a reclusive author is pulled into danger due to a case of mistaken identity, an ex-military security specialist uses his skills and connections to keep her safe… Leading to a passion that burns out of control. Find out more at **www.rochellepaige.com**



LEAVING AMARILLO is a new release for the Neon Dreams series by **CAISEY QUINN**. Some promises are made to be broken... After my parents died when I was a kid, moving into my grandparents' ramshackle house on a dirt road in Amarillo seemed like a nightmare. Until I stumbled upon my grandfather's shed full of instruments. My soul lives between the strings of Oz, my secondhand fiddle, and it soars when I play. In Houston, I'm a typical college student on my way to becoming a classically trained violinist headed straight for the orchestra pit. But on the road with my band, Leaving Amarillo, I'm free. We have one shot to make it, and I have one shot to live the life I was meant to. Leaving Amarillo got into Austin Music Fest and everything is riding on this next week. This is our moment. There's only one problem. I have a secret...One that could destroy everyone I care about. Visit **www.caiseyquinnwrites.com**



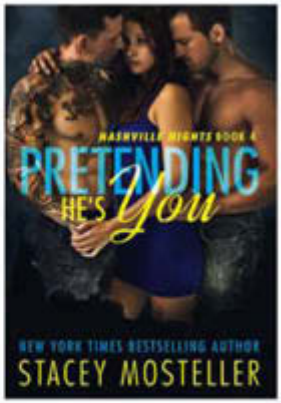
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From the author of *Back to You* and *Emancipating Andie.* ***COMING HOME*** is the emotional story of a chance encounter and one life-altering secret. Witty, sexy, and moving – a poignant love story with a twist that will leave readers laughing, crying, and altogether inspired.
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Brings humour and sweetness into the lives of these sextuplet siblings learning to live and love on their own. Growing up is hard, but it's fun too. Purchase ***SOMETIMES I THINK OF YOU*** through amazon or find out more at **www.tjdellbooks.com**



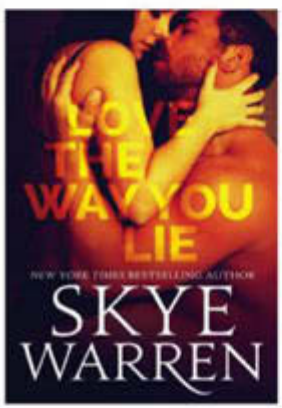
CALI MACKAY
From NY Times bestselling author, Cali MacKay, ***SEDUCTION AND SURRENDER*** – Book 1 in The Billionaire's Temptation Series, is FREE as an ebook and makes a great gift as a paperback. Emma and Quinn put it all on the line in this story of seduction and love, sex and passion. Available through major online book venues and online. To find out more, visit **www.calimackay.com**



PRETENDING HE'S YOU is the fourth book in **Stacey Mosteller**'s Nashville Nights series. Livvie's always had a weakness for bad boys and Tyler is no exception. But, she's been in an on/off relationship with Emmett for years. When she's with Emmett she wishes she was with Tyler and vice versa. Will Livvie ever get tired of pretending and pick one guy? "Wonderfully complex, funny and hot" - Amazon reviewer. Find out more at **staceymosteller.net**



Fresh on the heels of two USA Today Best Sellers in The Hart Sisters Trilogy, **ELIZABETH LENNOX** is giving back to fans with two new free sheik stories to start her new series! The third book, ***THE SHEIK'S SECRET BRIDE***, continues the series with the hot and steamy romance between Callie and Zahir! Learn more about Elizabeth's nearly 80 fabulous, fast paced love stories, or download the new free stories at **www.elizabethlennox.com**



From New York Times Bestselling Author **SKYE WARREN** comes a dark romance about the lies that lead us down… I'll do anything to get safe, even if that means working at the scariest club in town. I'll do anything to stay hidden, even if it means taking off my clothes for strangers. I'll do anything to be free. Except give him up. He's the one man who wants to help, but he has his own agenda. "Instantly compelling" – the Lusty Literate. Find out more at **www.skyewarren.com**



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a serial romance of 6 parts.
Jennifer is frustrated and disillusioned with love, a very dangerous combination. Convinced there's no such thing as Prince Charming, she places a personal ad seeking a secret liaison. Her plan: to restore her faith in men by setting up a single night of fantasy that can never be tainted by reality.
www.facebook.com/ellecaseytheauthor



LOUISE BAY'S
THE EMPIRE STATE SERIES.
Sexy, funny, romantic escapism. If Fifty Shades had been about you and your girlfriends it would have been this book. London girl Anna goes to New York on holiday to escape a broken heart and as everyone knows the best way to get over a man is to get under another... for more information visit **www.louisebay.com**

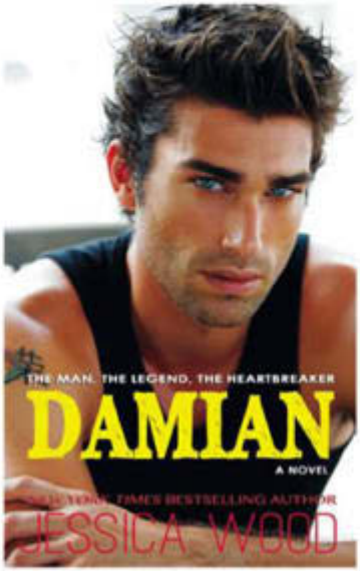


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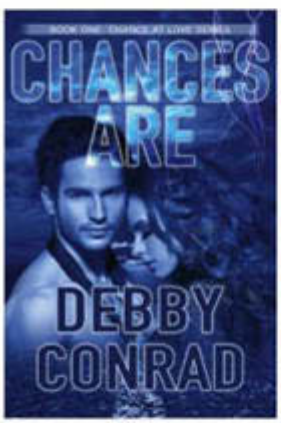
THE HUNT FOR THE BIG BAD WOLF by **E.M. TIPPETTS**
Chloe, wife of Hollywood heartthrob, Jason Vanderholt, has a choice: to help catch one of the most evil criminals in history, or provide support to the friends and family who have always been there for her. Either way, she feels she might make the mistake of a lifetime.
www.emtippetts.com



DAMIAN by **JESSICA WOOD**. Damian is a heartbreaker. He doesn't believe in love or commitment. He's never had feelings for a woman that went beyond no-strings-attached passion. But when he meets Alexis, he's caught by surprise. She's different. She didn't respond to his charm or his piercing-blue eyes the way other women did. To Damian, she's his ultimate challenge. But will Alexis be the woman who breaks through Damian's wall of perpetual bachelorhood? Or will Damian remain true to his ways and break her heart? **http://jessicawoodauthor.com**



THE LAYTON SERIES by **AVERY FLYNN**
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CHANCES ARE by **DEBBY CONRAD**. How can he stay with the woman he married once he learns she may have hired someone to kill him? And what if she isn't really his wife? If you love body switching, this one's for you.
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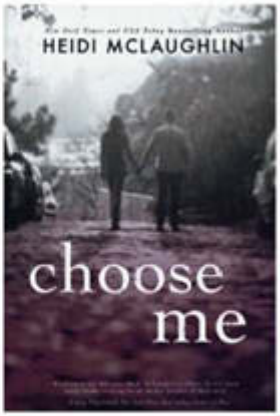
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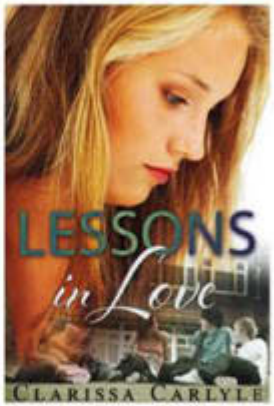
HERE WITH ME by **HEIDI MCLAUGHLIN**
Ryley Clarke has grown up with the military in her blood, with both parents serving their country. Ryley knows the risks of being married to the military. But when the unthinkable happens, and her future husband, Evan, is killed in action, Ryley can barely survive... until his twin brother, Nate, helps her pick up the pieces.
heidi@heidimclaughlin.com
www.facebook.com/HeidiMcLaughlinAuthor



CHOOSE ME by **HEIDI MCLAUGHLIN**
Two brothers. One woman. One son. One choice. Lives ripped apart, shattered and rebuilt. Evan and Nate Archer: Brothers, best friends, warriors and now enemies. Both in love with the same woman. Both determined to fight for what they want. Nate Archer promised to protect Ryley Clarke in the event Evan didn't make it back. Evan's back, He wants answers because someone needs to pay.
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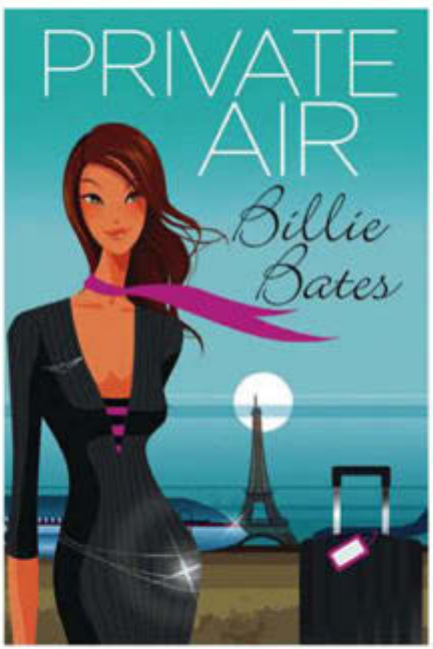
IF AT FIRST by **TARA BROWN.**
Remember, remember the August 4th bender, a weekend no one is likely to forget. When a girl dies the night her boyfriend disappears, everyone becomes a suspect. Where were you when the lights went out? ***IF AT FIRST*** Available May 2015 purchase at
www.amazon.co.uk/Tara-Brown/e/B007RS9V30



Book 1 in the ***LESSONS IN LOVE*** New Adult Romance series by **CLARISSA CARLYLE** is FREE for a limited time. High school cheerleader Alex Heron is pretty, blonde and popular. Alex seems to have it all, but she's hiding a dark secret from her past that threatens to destroy her future. Only the handsome new math teacher can see past Alex's façade to the real girl hiding inside. He wants to help Alex overcome her past, but will their developing feelings for each other get in the way?
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When Sienna Harris gets hired as flight-crew for a Saudi private jet, she thinks she's hit the glam-job jackpot. But with a weight-obsessed chief-stewardess, a playboy prince, and a handsome captain who could charm the knickers off a nun, the proverbial desert oasis might turn out to be more of a muddy puddle. **http://billiebates.com/**

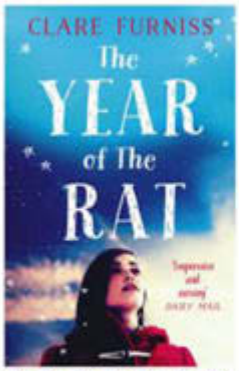


BET ON US by **RACHEL HIGGINSON**
Bet on Us is a fun, college love story. After her roommate steals her furniture and her identity, Ellie inherits a huge debt she never owed to the most intimidating man on campus. Except he's more interested in her than her money. Find out more at
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MORGAN MATSON
A gorgeous summer read from the bestselling author of ***Since You've Been Gone***, this is a book that will steal your heart. Can one summer be enough to get a second chance – with family, friends, and love? For fans of John Green, Stephanie Perkins and Sarah Dessen. **@morgan_m**
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THE YEAR OF THE RAT
2015 may officially be The Year of the Sheep but for our readers it's *The Year of The Rat*. Full of bittersweet humour and heart-breaking honesty about love, loss and learning to move on, Clare Furniss' stunning novel will capture the hearts of women everywhere. Out now. **@ClareFurniss #ThatRatBook**

Baby On Board...







1. LILI COLLECTION makes fun unique handcrafted shoes in NYC. The home of the Sprinkle Shoe and Animoccs which have become quite the trend in the US. Although they make all their shoes in NYC, they ship all over the world. Visit **www.lilicollection.com** or email **lilicollectionshoes@gmail.com** Code: Glamour20 for 20% off your purchase until 1st September 2015.

2. CHLOE & TATUM. For the love of all things luxurious and lovely, meet Chloe & Tatum, a luxury brand that delivers high quality, high fashion pieces to only the most fashionable girls ages 2–8. Luxe Fashion For Your Little Lady. Shop Chloe & Tatum online now at **www.shopchloetatum.com** (Photography: Dyan Kethley Photography).

3. AUTUMN ARROW 100% Leather Baby Moccasins. Available in sizes 0 – 2 years and a great range of colours. Get your kid's new kicks for summer from Australia's hottest new kids brand **www.autumnarrow.com** with worldwide shipping.

4. Looking to dress your child in something classic and fresh? Look no further. **WREN & JAMES** are a vintage inspired clothing line with a modern sensibility. Their attention to detail means clothes that age with grace. Their latest line, featuring exclusive patterns by My Little Belleville, comes out this month. Visit **www.wrenandjames.com/**

5. LITTLE MISFITS is a brand about individualism. Taking their time to select the highest quality materials, they offer a diverse range of clothing that is stylish, rebellious and excellently priced. Plus with their flagship Misfits for a Cause line they support worldwide charities year-round. Shop now – **www.littlemisfits.ca**







6. HEY BABY is a children's boutique focused on the highest quality kids clothing, shoes and accessories, award winning children's carriers and high chairs. They help making parenting that bit easier. Official stockists of Stokke, Tripp Trapp high chairs, Ergo baby carriers, Mountain Buggy and Frugi clothing. Visit **www.heybabyshop.co.uk**







7. JACK N' JILL NATURAL TOOTHPASTE comes in five Yummy Organic Fruit flavours! It is completely safe to swallow and designed for use in the early years with babies and kids who love to eat their toothpaste!! Jack N' Jill also has a range of other accessories. The amazing yummy formulation is wonderful to help win those 'toothbrushing battles'!! To see the full product range visit **www.jackandjillkids.com** or email **customerservice@jackandjillkids.co.uk**

8. Organize your Nursery Closet with Style! **LUCY DARLING** closet dividers give mums a simple (and stylish!) way to organize baby's closet. Simply hang these 8 beautifully designed dividers in any closet or armoire and start organizing baby's clothes by size – it's that easy! Sizes range from newborn to 2T. 10% off! Enter Code: GLAMOURUK10 at checkout. (Expires 01.07.2015). Visit **www.lucydarlingshop.com**

9. ELLESPIRE KIDS. Bringing your kids on trend and stylish clothing and shoes at affordable prices. Check them out at **www.ellespire.com** use code GLAMOUR for 15% off your first order (expires 01.07.2015). Follow **@ellespirekids** on instagram and Facebook.



10. A must have for this season, **DOTTY DUNGAREES** are designed for all those little adventurers. Carefully designed to fit boys and girls, from crawling to climbing trees, and with adjustable straps and dotty turn-ups, Dotty Dungarees really do last. They allow children the freedom to explore whatever the weather and wherever they are. Visit **www.dottydungarees.com**

Inspired Interiors...



1. Live it up outdoors this summer with these chic and contemporary rattan garden furniture collections from **HARLEY & LOLA**. Available in a range of colours and styles they provide everything you need to entertain in style! To see more collections visit **www.harleyandlola.co.uk** and get 10% off using discount code 'Glam5', valid until 30/09/2015.

2. Add drama to your table with the Tudor collection by **CASTARA DESIGNS.** This striking set is the perfect balance between dynamic pattern and refined elegance. Inspired by period British architecture and produced in Stoke-on-Trent, it is available at **www.castaradesigns.com** or call **07810 448692.**

3. PERSORA. Contemporary home and interiors boutique offering homeware, art and gifts from some the UK's most influential designers mixed with unique one-off's.You can shop online at **www.persora.com** and all Glamour readers receive 20% off a £50 spend with code 'GLAMOURPUSS' (expires 01.07.2015).





4. JONNY'S SISTER designs and manufactures beautiful personalised products, including bespoke orders, for all occasions. From bunting and letter cushions to typographies and personalised enamelware there is something for everyone. Exclusive 15% discount by entering GLAMOUR at checkout till 31st July 2015. Visit **www.jonnyssister.co.uk** or call **01935 873186.**

5. 'The Leader' is the new limited edition release from **KATY JADE DOBSON**, the breakthrough British artist of 2014. With an exclusive run of just 75 limited editions and 8 artist proofs the young oil painter's much anticipated Spring Collection enjoyed unprecedented success as her vibrant, elegant and rich palette coupled with her unrivalled ability to bring her broad subjects to reality makes this year an exciting one for the Yorkshire born award winning artist. For details of how to buy Katy's work through one of her 60 UK affiliated galleries contact Wishbone Publishing on **01245 350523** or **info@wishboneart.co.uk**



6. IMPERIAL CANDLES is a British company that hand makes 100% natural soy wax candles with a piece of jewellery hidden inside, worth up to £2,000. These stylish candles will be the perfect addition to any home as an ideal gift for you or your loved ones. Visit **www.imperialcandles.co.uk** for 10% discount; enter GLAMOUR10 at checkout. Offer ends 30/06/15.



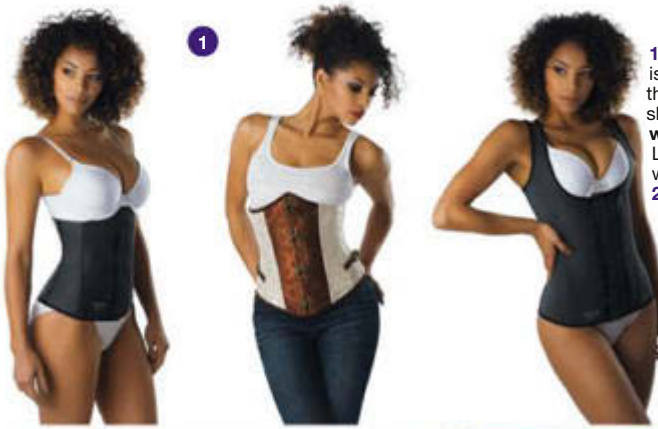
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1. SNATCH MY WAIST. The Celeb secret to a small waist is out! Waist trainers have exploded on the scene bringing the hourglass figure back to the forefront. Women of all shapes and sizes can now have curves. Visit **www.SnatchMyWaist.com** for a wide variety of Fajas de LoRac latex and non-latex waist trainers for men and women. 20% off with code GLAMOUR until 1/11/15.

2. SKULL SUGAR COSMETICS® Pure Mineral Pressed Foundation provides oil-free, natural looking coverage and protects skin with an spf 15. The long lasting formula minimizes the appearance of pores and fine lines while creating a luminous matte finish. Free of talc, paraben and fragrance making it suitable for all skin types. 38 GBP available at **skullsugarcosmetics.co.uk**



3. SMOOTH APPEAL MICROWAVE FORMULA FACIAL HAIR REMOVER WAX is a microwaveable wax enriched with soothing aloe vera, calming tea tree and vitamin E, for silky smooth, soft, hair-free skin. Suitable for sensitive skin. Visit **www.beautyandthebunch.com** or call **020 7299 7400.**



4. SLENDERTOXTEA TEATOX. Time to reward your body? With their purely natural organic teatox there are many benefits from drinking, the Slendertoxtea teatox is available in 14 day to 3 month packs from **www.slendertoxtea.com** Get 20% discount using code GLAM20 until 31/07/2015.



5. The **GLAMOURCUBE®** Mini is an essential for every girls dressing table! Handmade in the UK, this acrylic make-up organiser is loved by celebrities and retails from £145. To see the available sizes, visit **https://glamourliving.co.uk/** or call **+44 (0) 203 305 7478.**



6. DOLL WHITE non-peroxide teeth whitening strips starting at £19.99 for a 14 day course. Available from **www.dollwhite.com** use code DOLL20 for 20% discount off your pearly whites until 31/07/15.



7. "The Home of Beautiful Make-up Brushes" **LONDON BRUSH COMPANY** is a boutique collection of make-up brushes offering a large variety of premium quality natural and man-made hair brushes, organizers and the renowned solid Brush Shampoo. Designed by a Brit. Made by Hand. Loved by All. Visit **www.londonbrushcompany.com**

8. Hay Fever? **HAYMAX™** allergen barrier balms are drug-free and proven to trap more than 1/3 of pollen before it enters the body when applied invisibly to the rim of the nostrils. In a 2014 Allergy UK study, 78% said that HayMax™ helped some or all of their symptoms. 100% organic and suitable for pregnant women and kids. 36 awards! Boots, Booths, Waitrose, Holland & Barrett, Morrisons and independent pharmacies **haymax.biz (01525) 406600.**

9. Mini:Burn by **MINI V NUTRITION** is designed and developed by Vicky Pattison from MTV Geordie Shore and is a vegetarian and vegan friendly supplement containing high natural caffeine. Mini:Burn is Mini V Nutrition's top best product with raging reviews available to see at **www.minivnutrition.com**

10. CCJBEAUTYDIRECTACCESSORIZE. Trusted Authentic Waist Trainer supplier for all Shapewear Waist Trainers Cinchers and Faja's Butt Lifters High Compression garments made to give you an hour glass figure as seen by Many Celebrities special discount code Glammag1 20% on any Brand on site **www.ccjbeautydirectaccessorize.com** Offer expires 04/07/2015.

11. LIQUILIFT slender wrap is the latest product from the lauded Liquilift range. Exclusively available at Harvey Nichols this is a bio-thermal wrap designed for overnight use on your chosen body areas. £20. **www.harveynichols.com**

12. For natural looking, glossy and more defined brows, **COLORSPORT 30 DAY BROW TINT** is a semi-permanent tint for the brows. The waterproof formula provides up to 16 applications. Available in Black and Dark Brown, RRP from £7.25. Visit **www.beautyandthebunch.com** or call **020 7299 4700**.

13. Goodbye droopy eyelids – hello, **MAGICSTRIPES**: the original immediate temporary eyelid lifting without surgery! MAGICSTRIPES are invisible, lightweight and remain in place all day and, if necessary, all night. You can even apply eyelid makeup on top of them by dabbing, without rubbing. Available in three sizes Small, Medium and Large for slight-to-strong lifting effect they are allergically tested and suitable for very sensitive skin. Available at **magicstripes.com** and selected stores like Harvey Nichols and Selfridges. £18.00 for a monthly package.

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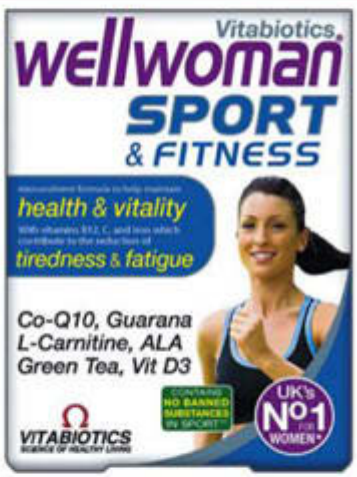


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DON'T flash *that* much flesh

By Hanna Woodside. Photographs: Rex Features, Getty Images, Alpha, WENN, Fame Flynet

Jo's Journal

Behind the scenes of our Women of the Year issue

Smile and say GLAMOUR

Long before the first manicured heel strides the red carpet at our GLAMOUR Women of the Year Awards, in association with Next, the team spends months putting together this, your commemorative Women of the Year issue. From the vote counts to the hell of synching hundreds of diaries, here's just a little taste of what happens in the build-up to the night.





Felicity Jones could not escape my hugs, poor girl, when she told me about her many years of being a loyal GLAMOUR reader. Well, FJ, we are loyal fans of *you*.



The bond between Tess and Claudia just pours out of every shot. Their affectionate humour is contagious – no wonder they got pretty much all the votes in their category.





Kate Hudson walking to set in her Chloé dress. She Instagrammed this on the day.





Gillian Anderson (here with Deputy Art Director, Philippa) loved our all-women crew on her set.



Trooper of the Year is Caitlin Moran. She literally passed out with the flu, on set. I texted her to say, "Oh no, you could have rescheduled if you were so ill!" She said, "To be honest, it was the only day between now and deadline I could give you." I'm sorry, Caitlin! But what a pro.



Fearne Cotton works on another major production.

Photographs: Kate Hudson/Instagram

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